

## **1 - WHAT I FEAR**

[1] I'm scared of what a dentist will say about my teeth and my oral hygiene, and the humiliation I will feel.

[2] "The chair".

[3] I'm scared that treatment will be painful.

[4] I have a phobia of dental injections and/or needles more generally.

[5] Feeling out of control.

[6] Lying down rather than sitting up in the dental chair.

[7] I gag easily. I'm scared of embarrassing myself and/or throwing up.

[8] Choking.

[9] The noise of dental instruments.

[10] The smell.

[11] Dental instruments.

[12] I fear the dentist's behaviour more than dental procedures as such.

[13] I fear dental procedures rather than the dentist.

[14] I'm scared of the dentist telling me what s/he is doing.

[15] Not being told what's going on.

[16] I'm scared of the dentist not stopping when I'm distressed or in pain.

[17] Being aware of what's going on and being able to remember it afterwards.

[18] Dentists have had trouble getting numb in the past and I'm worried it will happen again.

[19] I wasn't given anesthetic for a painful dental procedure in the past and I'm worried it will happen again.

[20] I'm worried that the dentist will carry out unnecessary treatment.

[21] I've got a problem with or fear of a particular treatment or treatments:

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[22] I'm scared that the dentist will treat me as a set of teeth, not as a person, and will be cold and uncaring.

- [23] I'm scared that the dentist will not be gentle with me.
- [24] I'm worried that I will panic so much that I have a heart attack.
- [25] I'm worried that I will have a panic attack and what the dentist or other people will think about me then.
- [26] I'm worried that I will start crying or shaking uncontrollably and what the dentist will think of me then.
- [27] I'm scared that dental instruments will be laid out in plain sight.
- [28] I'm scared of the pokey thing they use to check teeth.
- [29] I'm scared that the dentist will be shocked and disgusted at the sight of my teeth, and how embarrassed I will feel then.
- [30] I'm very worried about getting infections from dental instruments.
- [31] I'm scared that the dentist will inflict pain on purpose.
- [32] I'm scared that the dentist will inflict pain by accident.
- [33] I fear the "drill", especially the sound / especially pain.
- [35] I fear seeing what the dentist does during treatment.
- [36] I'm worried that I'll have a bad reaction to the local anaesthetic:
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- [37] I'm scared that I'll be unable to breathe.
- [38] I'm scared of having instruments in my mouth.
- [39] I'm scared of seeing instruments near my mouth.
- [40] Being told I've left it too late.
- [41] The dentist calling out numbers while looking at my teeth (dental charting).
- [42] Looking at my own teeth.
- [43] Letting someone else look at my teeth.
- [44] Letting a dentist look at my teeth.
- [45] Dental assistant thinking I'm disgusting for having my teeth get into such a state.
- [46] Not being able to afford extensive treatment.

[47] Being lectured or scolded for not having looked after my teeth properly.

[48] Being lectured or scolded for not having visited a dentist earlier.

[49] X-ray radiation.

[50] Being told what's going on during treatment – I'd rather not know!

[51] Not being treated warmly and compassionately.

[52] I have other health problems which make it difficult for me to seek help for my dental problems:

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[53] Being left in the waiting room for a long time.

[53] Being frozen with fear and unable to communicate my concerns to a dentist.

[54] Not being able to cope with the "bad news".

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*Disclaimer: By using these sheets, you understand that they are for entertainment purposes only and are not intended to replace the advice of a qualified health professional. They may not address your particular circumstances. They were not written, nor have they been validated, by a health professional.*