

# **Dental Avoidance Self- Assessment**

**by  
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## ***The Dental Anxiety Self-Assessment***

The Dental Anxiety Self-Assessment is a test to determine how anxious you are and the specific areas you need to target in order to eliminate this anxiety.

The form on the following page is designed to help you evaluate your dental avoidance and anxiety and to pinpoint specific areas that may require special attention.

If you suffer from a source of anxiety not listed in the 12 areas covered, please describe and rate this source at the bottom of the page.



## ***How to interpret your score:***

Although it may seem impossible to you now, everyone should be able to score “zero” on all twelve of these areas. If you already have one or more “zeros”, congratulations! You’re on your way to a perfect score.

## ***Special Video Program: Instant Relief for Dental Anxiety***

In this Special Video Series, Dr's. Eberts & Sambataro provide you with the self-help tools you need to overcome your reluctance to seek dental treatment.

If you suffer from only mild avoidance or anxiety, you’re in luck. There’s a simple mental focus technique you can use for this.

If, however, you suffer from moderate to severe anxiety, then you may benefit from one of several anxiety reduction and stress management techniques, including the Stress Inoculation Formula. You may also benefit from the guidance of a professional counselor or coach.

Please note that the self-help programs included in this video series are meant for educational purposes only and are not intended to replace professional help.

If you feel your anxiety is too severe or too complex to respond to these self-help measures, you owe it to yourself to find a qualified therapist or coach to help you.

To get your free VIP Backdoor Pass to this \$47 membership program – go to:

[www.anxietyfreesedationdentistry.com/blog](http://www.anxietyfreesedationdentistry.com/blog)

To contact us, visit:

[www.anxietyfreesedationdentistry.com](http://www.anxietyfreesedationdentistry.com)

or call: The Columbia Center for Sedation Dentistry at:

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