

# **Dental Avoidance Self- Assessment**

**by  
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## ***Dental Avoidance Self-Assessment***

The Dental Avoidance Self-Assessment form is a test to determine how anxious you are about dentistry 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 on the next page, please describe and rate this source in one of the blank spaces at the bottom of the form.



### ***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.

If you suffer from only mild avoidance or anxiety (any areas where you scored a 1 or a 2), you’re in luck. Drs. Eberts and Sambataro have created a self-help program in the form of a Special Report that may be all you need to get into the dentist’s office.

The report includes a simple mental focus technique you can use for mild avoidance or anxiety.

If, however, you suffer from moderate to severe anxiety (any area where you scored 3 or more), then you need to use the Stress Inoculation Formula, also described in the Special Report.

Please note that the self-help programs included in the Special Report 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 to help you.

### ***Special Report: Instant Relief for Dental Anxiety***

To get your free report, just click the link below (or copy the link & past it into your browser)

<http://www.healing-with-dentistry.com/free-dental-information.html>

To contact us, call:

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