Facing Fears – Fear Ladder

My Goal: _____**I want to be able to be able to go to the dentist to get my teeth cleaned**._____

Feared Situation	Fear Rating
Get my teeth fully cleaned at the dentist's office.	**10/10**
Let the hygienist clean my bottom teeth	**9/10**
Let the hygienist look inside my mouth with her tools and examine my teeth for 5 minutes	**8/10**
Let the hygienist look inside my mouth without touching me	**7/10**
Go to the dentist's office with someone I know who is getting their teeth cleaned and watch the procedure	**6/10**
Go to the dentist's office and sit in the examination chair for 5 minutes	**5/10**
Go to the dentist's office and sit in the waiting room for 5 minutes	**4/10**
Watch a video of someone getting their teeth cleaned	**3/10**
Look at photographs of someone getting their teeth cleaned for 1 minute	**2/10**
Drive slowly by the dentist's office and look at the building	**1/10**