Going to the Dentist

I have a dentist appointment on _____. I don't like going to the dentist. I feel worried beforehand for weeks. Lots of people don't like going to the dentist and get worried about it.

When I get worried about my appointment there are things that I can do. I could write in my journal, go for a walk or listen to my relaxation CD until I feel calm again.

I've gone to the dentist before and I've gotten through it. I can get through it this time too.

When I'm at the dentist appointment I can think of something else, like my favourite movie. I could listen to music on my MP3 player. And I can remember to take slow deep breaths. I can remind myself that it will be over soon.

After my dentist appointment I will do something that I enjoy to reward myself, like _____. I can be proud of myself for getting through a difficult situation.