



AVOIDANCE LOG

Date: June 29th

WHAT TASK AM I PUTTING OFF?

Making a dentist appointment

CURRENT ANXIETY LEVEL: ●●●●●●●●○○○

WHY AM I AVOIDING IT?

- It's gonna hurt (I cried last time)
- I'm afraid I might have a cavity
- I hate the sound of dental tools on my teeth
- I got new insurance, but I'm not sure where my card is

WHAT FEARS MIGHT BE MAKING IT WORSE THAN IT IS?

- Potential pain
- Guilt for not flossing more
- Being judged
- Unsure of cost
- Embarrassment

WORST POSSIBLE OUTCOME IF I KEEP PUTTING IT OFF:

My teeth get worse, I get more cavities, and I end up needing a root canal or some other dental surgery

BEST POSSIBLE OUTCOME WHEN I'M FINALLY DONE:

It'll be over and I can finally stop worrying about it (and it turns out I didn't have any cavities)

TINY STEP(S) I COULD DO IN UNDER 5 MINS TO MAKE PROGRESS:

- ☐ Look for my insurance card
- ☐ Find their number online



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