

## Forum:[Hack Forums](#)

Thread: [What is a fear you've faced and how did you face it?](#)

**Eran** - April 7, 2024, 4:01 am

For me it was the fear of the dentist. I've avoided it for a long while until I really needed intervention. Breathing exercises but also a xanax helped me. I remember leaving the dentist office thinking I can't wait to come back lol.

**Rionxee** - April 7, 2024, 4:04 am

I also have a fear of dental work, I can't stand a dentist office. I've always been that way, I have an irrational fear that a dental tool will slip out of the dentists hand and fall down my throat. Along with the position that you're in, laying back with a bright blinding light in your face. Only way that I've faced it is through sedation dentistry.

**Eran** - April 7, 2024, 4:05 am

(Apr 7, 2024 04:04 AM)Rionxee Wrote: [\[CITE\]](#) I also have a fear of dental work, I can't stand a dentist office. I've always been that way, I have an irrational fear that a dental tool will slip out of the dentists hand and fall down my throat. Along with the position that you're in, laying back with a bright blinding light in your face. Only way that I've faced it is through sedation dentistry.

That's interesting to hear, as someone who has also had phobia from it, I never had a fear about the tool slipping down my throat. Huh weird, now I will overthink that next time ?

For me it was the buzzing sound, I hated it, and I always went to shitty offices where the anesthesia was weak and I could feel a sharp pain. But I have then switched to a private clinic and my experience was amazing!

**Deany** - April 7, 2024, 7:18 am

I always hated the dentists too. Frick them mofos.

**Eran** - April 7, 2024, 8:25 am

(Apr 7, 2024 07:18 AM)Deany Wrote: [\[CITE\]](#) I always hated the dentists too. Frick them mofos. When they save you and get rid of that pain they're the heroes then tho ?

**V?rt** - April 7, 2024, 9:05 am

I'd say one of my big fears is being confident. I have really bad anxiety about just doing things, talking to strangers, doing random public tasks, etc. I still have anxiety about doing it all, but I finally am getting the confidence to just do it.

**Jamika** - April 7, 2024, 9:11 am

(Apr 7, 2024 04:01 AM)Eran Wrote: [\[CITE\]](#) For me it was the fear of the dentist. I've avoided it for a long while until I really needed intervention. Breathing exercises but also a xanax helped me. I remember leaving the dentist office thinking I can't wait to come back lol.

Actually i didnt have the opportunity to face a fear of mine, but among many i have one for insects, flying one specially

**Eran** - April 8, 2024, 3:57 am

(Apr 7, 2024 09:05 AM)V?rt Wrote: [\[CITE\]](#) I'd say one of my big fears is being confident. I have really bad anxiety about just doing things, talking to strangers, doing random public tasks, etc. I still have anxiety about doing it all, but I finally am getting the confidence to just do it.

Ngl the first sentence confused me but I get it. I am glad you're able to improve! :)

(Apr 7, 2024 09:11 AM)Jamika Wrote: [CITE](#) Actually i didnt have the opportunity to face a fear of mine, but among many i have one for insects, flying one specially  
Big bug go bzzzzzzzzzzzzzzzzz

**TheCoz** - April 8, 2024, 6:39 am

My biggest fear is being old and looking back at my life with regret. Spending my life working a good paying job that I hate to support my family.

**Strange Music** - April 8, 2024, 3:41 pm

# Talking to people.

I fixed it by forcing myself in uncomfortable situations to talk to people.

**Beherit** - April 8, 2024, 4:35 pm

Social anxiety cured with the idea that I need shit done NOW.

qwiz - April 8, 2024, 5:44 pm

I deal with social anxiety out the ass but have been able to push myself lately.

The best way to help social anxiety is to just get out and do what you're having anxiety about, but if I let myself get too comfortable NOT doing that, it comes right back. This is the best I could word this atm.

Also, I faced my fears of heights a while ago and was really happy about it, but I still don't think I'll ever go in an airplane, I'm still afraid, but I know the feeling of facing it is a great one. Also, I just don't trust airplanes, mechanically, not just the heights.

**AliCat** - April 8, 2024, 6:28 pm

Dentist. But it's not like you guys. I need dentures. I'm a retard that didn't brush his teeth, and basically, 28 years later I'm being hacked by the government, and I need dentures/implants. However; I can't afford implants, and if I get dentures, the government will arrange me to be raped/fucked in the mouth. It's not a game.

**diablospartan** - April 9, 2024, 8:40 am

Well my biggest fear it was that of speaking in public

In fact its stil present but it doesnt afect me so much like in the past where i almost get paralyzed and blocked

Now i have more confidence and very often proud of me