

Encouraging Quotes for when dentistry gets hard.

When you're struggling with perfectionism:

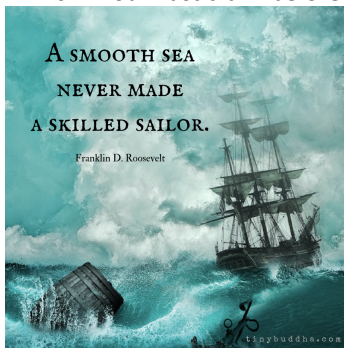
- Perfection is the enemy of excellence.
- Perfectionism is a form of self-abuse.

When you're comparing yourself to others:

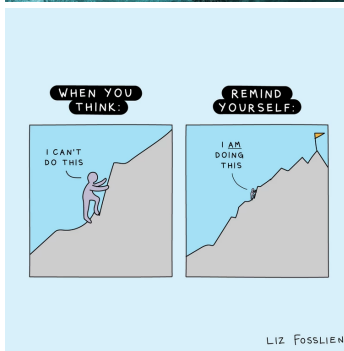
- Comparison is the thief of joy.
- Success is the peace of mind that you gave it your best effort.

When you're feeling discouraged:

- A student told me "I'm not good at dentures." I asked, "how many denture cases have you completed?" he replied "one."
 - There is no substitute for experience.
 - You must crawl before you can walk. And you must walk before you can run.



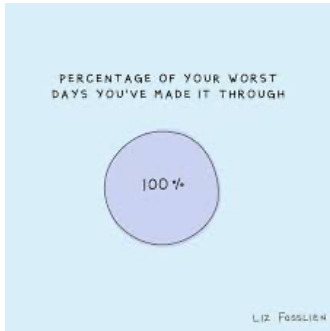
Franklin D. Roosevelt



Liz Fosslien Liz and Mollie



Liz Fosslien Liz and Mollie



- Liz and Mollie

When you're feeling regretful:

- You did the best you could at the time with the knowledge you had.
- "Do the best you can until you know better. Then when you know better, do better." Maya Angelou

When you're insulted by a patient:



- QTIP: Quit Taking It Personally!
 - Reasons someone may be rude:
 - Pain (toothache)
 - Fear (dental phobia)
 - Jealousy
 - Sexist/Prejudice
 - Arrogance
 - Insecurity
 - Competitive
 - Undiagnosed/Untreated/Poorly managed mental illness
 - Unable to cope with pain
 - Emotional immaturity
 - Do not like figures of authority
 - Distrust in healthcare providers
 - Unhappiness/stress
 - **For all the above reasons, do not take it personally! Patients do not have a right to verbally abuse you, and we take all threats seriously.**

When you feel like you don't know enough:

- "People don't care how much you know until they know how much you care." Theodore Roosevelt

[updated 12/31/23]