



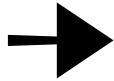
## Are YOU an Aggressive Driver?

Take the Driver Stress Profile to Measure Your Hostility on the Road.

LARSON DRIVER'S STRESS TEST HAS BEEN REPRINTED WITH PERMISSION FROM AAA FOUNDATION AND DR. JOHN LARSON

Enter the appropriate number in the boxes as it applies to you.

never = 0  
 sometimes = 1  
 often = 2  
 always = 3



### ANGER

<input type="checkbox"/>	Get angry at drivers.
<input type="checkbox"/>	Get angry at fast drivers.
<input type="checkbox"/>	Get angry at slow drivers.
<input type="checkbox"/>	Get angry when cut off.
<input type="checkbox"/>	Get angry at malfunctioning stoplights.
<input type="checkbox"/>	Get angry at traffic jams.
<input type="checkbox"/>	Spouse or friends tell you to calm down.
<input type="checkbox"/>	Get angry at tailgaters.
<input type="checkbox"/>	Get angry at your passengers.
<input type="checkbox"/>	Get angry when multilane highway narrows.
<input type="checkbox"/>	<b>Total</b>

### COMPETING

<input type="checkbox"/>	Compete on the road.
<input type="checkbox"/>	Compete with yourself.
<input type="checkbox"/>	Compete with other drivers.
<input type="checkbox"/>	Challenge other drivers.
<input type="checkbox"/>	Race other drivers.
<input type="checkbox"/>	Compete with cars in tollbooth lines.
<input type="checkbox"/>	Compete with other cars in traffic jams.
<input type="checkbox"/>	Compete with drivers who challenge you.
<input type="checkbox"/>	Compete to amuse self when bored.
<input type="checkbox"/>	Drag race adjacent car at stop lights.
<input type="checkbox"/>	<b>Total</b>

### HOW DO YOU RATE?

#### ANGER

low = 0-9  
 medium = 10-14  
 high = 15+

#### IMPATIENCE

low = 0-9  
 medium = 10-14  
 high = 15+

#### COMPETING

low = 0-4  
 medium = 5-9  
 high = 10+

#### PUNISHING

low = 0-4  
 medium = 5-9  
 high = 10+

### IMPATIENCE

<input type="checkbox"/>	Impatient waiting for passengers to get in.
<input type="checkbox"/>	So impatient, won't let car engine warm up.
<input type="checkbox"/>	Impatient at stoplights.
<input type="checkbox"/>	Impatient waiting in lines (car wash, bank).
<input type="checkbox"/>	Impatient waiting for parking space.
<input type="checkbox"/>	As passenger, impatient with driver.
<input type="checkbox"/>	Impatient when car ahead slows down.
<input type="checkbox"/>	Impatient if behind schedule on a trip.
<input type="checkbox"/>	Impatient driving in far right, slow lane.
<input type="checkbox"/>	Impatient with pedestrians crossing street.
<input type="checkbox"/>	<b>Total</b>

### PUNISHING

<input type="checkbox"/>	Do you "punish" bad drivers?
<input type="checkbox"/>	Complain to passengers about other drivers.
<input type="checkbox"/>	Curse at other drivers.
<input type="checkbox"/>	Make obscene gestures.
<input type="checkbox"/>	Block cars trying to pass.
<input type="checkbox"/>	Block cars trying to change lanes.
<input type="checkbox"/>	Ride another car's tail.
<input type="checkbox"/>	Brake suddenly to punish tailgater.
<input type="checkbox"/>	Use high beams to punish bad driver.
<input type="checkbox"/>	Seek personal encounter with bad driver.
<input type="checkbox"/>	<b>Total</b>

COMPLETE CONTEST BALLOT ON OPPOSITE SIDE

Working  
 TOWARD  
 Wellness  
 at DCCI

DaimlerChrysler  
 Canada

CAW TCA  
 CANADA

## ANGER

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In certain circumstances, you may feel like you lose self-esteem or status by giving in and allowing a demanding driver to get his/her way. If the driver continues in the attempt to pass or cut you off, a dangerous situation may occur. Anger results when this type of behaviour persists, escalates or if the other driver succeeds.

You will be much happier if you learn to enjoy your journey instead of letting yourself grow angry over petty road behaviour. Be relaxed, listen to some soothing music or have a nice conversation with your passengers. When you think of driving, whether it is to work every day or on your vacation, don't think of it as wasted time. Instead, relax and think of driving as worthwhile and pleasurable.

Plan ahead and allow yourself plenty of time to drive comfortably to your destination. This will allow you to deal with unforeseen situations like traffic jams that may set you back. Remember that if you are looking for drivers to yell at and cars to cut off, you will find them.

### **KEY REMINDERS TO CONTROL YOUR ANGER**

- If another driver cuts you off or races by, program your response to be "Be my guest."
- Instead of making good time, make time good!
- If you're tempted to retaliate against another driver, think: "Would I want to fly in an airplane whose pilot was acting like this?"
- Instead of judging the other driver, try to imagine why he or she is driving that way.

## IMPATIENCE

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When you begin to feel your blood boil, give the other drivers the benefit of the doubt and treat them how you would like to be treated. This will make for a more pleasant driving experience.

If you approach driving with an attitude of willingness to cooperate and accommodate other drivers. You will be a much safer driver.

If you think another car is driving too slowly and you are unable to pass, pull back and allow more space, not less. That way, if the car does something unexpected you will have time to get out of the way. If you attempt to pressure the driver in front of you by following as closely as possible, an accident is much more probable.

### **KEY REMINDERS TO IMPROVE YOUR PATIENCE**

- Don't get mad at people who go the speed limit. It's the law, and everyone should follow it.
- Allow at least a two-second space between your car and the car ahead.
- When growing impatient with a driver, act as if he or she is a guest in your home.

## COMPETING

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There are plenty of times and many other places to partake in games, but on the road is not one of them. For too many motorists on the road today, driving has become a contest.

The most important actions you can take to avoid aggressive and competitive driving take place inside your head. Change your approach to driving to make your trips more enjoyable. If you insist on playing a game, see how nice you can be to other drivers.

When you begin to speed and pass other drivers on the highway because of a game only you are playing, ask yourself, "Is this worth dying for?" Highways are too dangerous for games.

### **KEY REMINDERS TO FORGET BEING COMPETITIVE**

- The more you speed, the less you experience your surroundings.
- Enjoy the ride with your companions. If you race and compete you may actually upset yourself and your passengers.
- Instead of thinking that winning is everything, start to think that making it to your destination safely is the only thing that matters.
- Allow more time for your trips. You'll be amazed at how much more relaxed you will be when you have a few extra minutes.

## PUNISHING

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It is rarely helpful to other drivers, yourself and least of all your passengers, for you to assume the responsibility of punishing other motorists. This is a job that should be left to the police. Attempting to take things into your own hands is likely to inflame the situation and put you and your passengers at risk.

Change your attitude toward other drivers' aggressive driving habits. Keep in mind that they are likely not motivated by personal intention to harm, threaten, or endanger you. They may be inattentive, forgetful, extremely fatigued or have bad driving habits.

Punishment, coming from someone who really has no authority in the matter, is not perceived as punishment by the other driver. Instead, they will perceive it as "sticking your nose in their business."

### **KEY REMINDERS TO STEER CLEAR OF PUNISHING**

- Punishing other drivers will only aggravate them more.
- If you believe another driver is attempting to start a fight, immediately get help. Do not get out of your car and do not go home.
- Being annoyed at other drivers' bad driving habits can only happen if you let it. You can't control other drivers. You can only control your reaction to them.
- If you notice an aggressive driver, pull over safely and take down as much information as you can including details of the situation and vehicle information. Then call the local non emergency police services number to report this information.

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Once you have completed and filled out this entry form, cut and place in a ballot box located in one of the canteens.

1. Based on your driver stress profile what is one habit you need to work on?

2. Identify one driving habit that you have that shows courtesy to other drivers.

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Name \_\_\_\_\_ Phone \_\_\_\_\_ Master # \_\_\_\_\_