

IDENTIFYING YOUR OWN ANGRY, CONTROLLING, AND AGGRESSIVE DRIVING BEHAVIORS

It is important to understand your anger triggers on the road but it is also helpful to think about and identify your own angry, controlling, and aggressive driving behaviors in the past and present. Using the following scale, please record how often you have engaged in the following behaviors in the past (the 12 months when you had the most anger in the car during your lifetime) and in the present (the most recent 12 months). This can give you a chance to be clear about some driving behaviors that you can change if you wish to do so.

0: Never	1: Rarely	2: Occasionally	3: Often	4: Very often
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Past Present

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| ___ | ___ | Having negative or demeaning thoughts about other drivers, motorcyclists, bikers, or pedestrians (e.g. <i>“What an idiot/asshole!”</i> <i>“What a loser/jerk/ditz/bitch!”</i>) |
| ___ | ___ | Making negative comments out loud to yourself or to others in your car about other drivers, motorcyclists, bikers, or pedestrians |
| ___ | ___ | Speeding through crosswalks when pedestrians are trying to cross the street |
| ___ | ___ | Pulling your car close to the car in front of you to keep someone from merging into your lane |
| ___ | ___ | Staring or glaring or making other facial expressions at another driver to show your disapproval, displeasure, or disgust with that driver |
| ___ | ___ | Speeding past another car or gunning your engine as you go by to let someone know you are angry and disapproving about something they have done |
| ___ | ___ | Speeding up to try to stop another driver from passing you |
| ___ | ___ | Decreasing your speed in the fast lane to try to slow or upset another driver who is directly behind you and who appears to want to get by you |
| ___ | ___ | Flashing your bright lights at someone (or keeping them on for a long period of time) to show your disapproval of that person or their driving behavior |
| ___ | ___ | Tailgating to try to make a driver in front of you go faster or get out of your way |
| ___ | ___ | Using or pumping your brakes to try to force others behind you to try to slow them down or to startle or scare them (“brake-checking” other drivers) |
| ___ | ___ | Weaving in and out of traffic to get to your destination as fast as possible |
| ___ | ___ | Imagining or wishing that another driver would have an accident |
| ___ | ___ | Imagining or wishing that another driver would be hurt in a car accident |
| ___ | ___ | Imagining or wishing that another driver would get killed in a car accident |
| ___ | ___ | Imagining or wishing that you could be violent with another driver who has displeased you with their driving behavior or actions |
| ___ | ___ | Honking at someone because they did something that you didn’t like |

Past

Present

___	___	Yelling, swearing, or cursing at someone to show your displeasure and disapproval with them
___	___	Making a visible obscene gesture at another driver (e.g. “flipping someone off”)
___	___	Throwing something out your window at another car to show your disapproval of their driving behavior (e.g. water or soda bottle)
		What did you throw?: _____
___	___	Using your car to scare or intimidate someone by making abrupt or threatening maneuvers (e.g. moving toward or into another car’s lane or space, following the car in front of you very closely to show your displeasure with them)
___	___	Chasing or following another car because of something they have done
___	___	Pointing to the side of the roadway to try to get someone to pull over to “talk” about what you think they have done “wrong”
___	___	Pulling to the side of the road or following someone to a place they are going and then getting into a “yelling match” with that person
___	___	Carrying an object or weapon in your car because you think you might need to use it to “defend” yourself “just in case something bad happens” (baseball bat, golf club, hammer, screwdriver, crowbar, shovel, axe, knife, gun)
___	___	Holding up or showing an object or a weapon to another driver to try to intimidate or scare that person
___	___	Deliberately bumping into or ramming another car
___	___	Trying to run another car off the road
		What happened and did you succeed in doing this?: _____

___	___	Stopping your car, getting out, and getting into a “pushing match” or a physical altercation with another person as a result of something that has happened with them on the roadway
___	___	Getting out of your car and threatening to use or actually using an object or any other “weapon” (e.g. belt, tire iron, screwdriver, knife) on another driver
___	___	Driving at someone or trying to run someone down (e.g. a driver who has gotten out of his car, a biker, or a pedestrian) who has angered you
___	___	Shooting a gun at another car
___	___	Injuring someone as a result of an angry and explosive incident on the roadway
___	___	Killing someone who has angered you while you were driving
___	___	Other: _____
___	___	_____
___	___	_____