

## IDENTIFYING YOUR OWN ANGRY 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 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) 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

- |     |     |   |
|-----|-----|---|
| ___ | ___ | Having negative or demeaning thoughts about other drivers, bikers, or pedestrians (e.g. <i>“What an idiot/jerk/asshole/loser”</i> ) |
| ___ | ___ | Making negative comments out loud to yourself or others in your car about other drivers, bikers, or pedestrians                     |
| ___ | ___ | Pulling your car close to the car in front of you to keep someone from merging into your lane                                       |
| ___ | ___ | Staring or glaring or making facial expressions at another driver to show your disapproval to another driver                        |
| ___ | ___ | Speeding past another car or gunning your engine as you go by to let someone know you are angry with them                           |
| ___ | ___ | Speeding up to trying to stop another driver from passing you   |
| ___ | ___ | Slowing down in the fast lane to try to slow or upset another driver who is behind you  |
| ___ | ___ | Flashing your bright lights at someone (or keeping them on) 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 slow down or to startle or scare them                             |
| ___ | ___ | 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  |
| ___ | ___ | Honking at someone because they did something that you didn't like  |
| ___ | ___ | Yelling, swearing, or cursing at someone to show your displeasure with them   |
| ___ | ___ | Making a visible obscene gesture at another driver (e.g. “flipping someone off”)  |

Past Present

- \_\_\_ \_\_\_ Throwing something out your window at another car to show your disapproval of their behavior  
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 space, following very close to the car in front of you)
- \_\_\_ \_\_\_ 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 getting into a "yelling match" with that person
- \_\_\_ \_\_\_ Carrying an object or weapon in your car because you might need to use it to "defend" yourself "just in case something bad happens" (baseball bat, golf club, screwdriver, hammer, knife, gun)
- \_\_\_ \_\_\_ Holding up or showing an object or weapon to another driver to try to intimidate them
- \_\_\_ \_\_\_ Deliberately bumping into or ramming another car
- \_\_\_ \_\_\_ Trying to run another car off the road  
Did you succeed in doing this?: \_\_\_\_\_
- \_\_\_ \_\_\_ Stopping your car, getting out, and getting into a pushing match or physical altercation as a result of something that happened on the roadway
- \_\_\_ \_\_\_ Getting out of your car and using an object or weapon 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 at another car
- \_\_\_ \_\_\_ Permanently injuring someone as a result of an angry incident on the roadway
- \_\_\_ \_\_\_ Killing someone who has angered you while you were driving
- \_\_\_ \_\_\_ Other: \_\_\_\_\_
- \_\_\_ \_\_\_ \_\_\_\_\_
- \_\_\_ \_\_\_ \_\_\_\_\_