

Are You An **Aggressive Driver?**

Instructions: Determine your zone by circling the items that apply to you. The national average is between 18-21, but even normally friendly folks go down to 24 occasionally when agitated while behind the wheel. Road Rage intensity escalates from the **Impatient Zone** to the **Hostile Zone** to the **War Zone**. The American Institute for Public Safety recommends that you try to eliminate all of these behaviors from your driving habits

Use this profile as a mental map of the habits that lead to full-blown Road Rage. You also can help others become aware of how they drive (novice drivers, co-workers, family members) as well as track your changes over time. Drive cooperatively...not competitively.

THE IMPATIENT ZONE

1. Habitually rushing and lane-hopping.
2. Always trying to get ahead and seeing others as being in your way.
3. Making rolling stops or going through red lights.
4. Making illegal U-turns.
5. Driving in a state of lessened awareness, inattention.
6. Speeding up at yellow lights because you hate to stop for red lights.
7. Changing lanes without signaling.
8. Uneasy or have negative emotions when police cars are around.
9. Habitually swearing or being in a bad mood in the car.
10. Not yielding when another car has the right of way.

THE HOSTILE ZONE

11. Constantly ridiculing or criticizing other drivers to yourself or passengers.
12. Taking dangerous risks during multi-tasking (phoning, eating, etc.)
13. Closing the gap to deny entry to other drivers try to get into your lane.
14. Regularly going more than 20 miles per hour above the posted speed limit.
15. Speeding past others as a sign of protest.
16. Preventing other drivers from passing you.
17. Tailgating to pressure a driver to go faster or get out of your way.
18. Fantasizing physical violence against another driver.
19. Flashing your headlights in retaliation.
20. Honking or yelling at someone through an open window.
21. Making a visible insulting gesture at another driver.
22. Using you car to retaliate by making sudden, threatening maneuvers.
23. Getting out of you car and engaging in a shouting match.

THE WAR ZONE

24. Getting out and beating on, or throwing something at another car.
25. Carrying a weapon in the car, "just in case."
26. Beating or battering someone because of a road incident
27. Attempting to run another car off the road to punish the driver.
28. Trying to run over someone whose actions angered you.
29. Shooting at another car.
30. Killing someone as a result of a traffic dispute.