

Driver Improvement Training - "My Plan"



Participant Enrollment Information:

Date: _____ Customer #: _____

Name: _____

Address: _____ Phone: _____

City/Prov: _____ Postal Code: _____

Designated Participant Program: (check one)

- Experienced Driver
- GDL Driver
- Addiction Screening Referral

My Plan to Change My Driving Habits:

(to be completed by participant and reviewed with the instructor)

Participant Signature

Instructor Signature & Number

The Effects of Your Driving Habits and Your Driving Record

Our actions influence everything that we do today as well as what we do in the future. You are at the Driver Improvement Training Course because something went wrong. Complete the following questions in the space provided. If you need more paper, use additional paper.

1. Please explain how the consequences of your driving record can affect "you" personally, both daily and financially?

2. Please explain how the consequences of your driving record can affect "your family" both daily and financially?

3. How will a license suspension affect you?

4. How long will it take before you have a clean driving record?

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The Effects of Your Driving Habits and Your Driving Record (cont'd)

5. Could you lose your job now, or could you be turned down from a job or training if you lose your licence?

6. Are your driving habits affecting your chances of employment now? If "yes" how?

7. Please explain how your driving record can affect you when you try to cross the border to the United States or travel to another country?

Are You Stress Prone?

How do you typically react to situations? Rate yourself for each of the following statements. There are no right or wrong answers.

Rating scale values: 4=Always 3=Frequently 2=Sometimes 1=Never

1. Do you try to do as much as possible in the least amount of time? _____
2. Do you become impatient with delays or interruptions? _____
3. Do you always have to win at games to enjoy yourself? _____
4. Do you agree to too many responsibilities? _____
5. Do you hesitate to ask for help with problems? _____
6. Do you constantly seek the respect and admiration of others? _____
7. Do you have many deadlines at work/school? _____
8. Do you watch the clock often? _____
9. Do you constantly strive to better yourself/achievements? _____
10. Do you take on too many responsibilities (time wise)? _____
11. Do you try to do more than one thing at a time? _____
12. Do you get angry or irritable often? _____
13. Do you have little time for hobbies or for yourself? _____
14. Do you have a habit of talking quickly or speeding up conversations? _____
15. Do you feel guilty when you relax? _____
16. Do you have a tendency to get involved in too many projects? _____
17. Do you speed up the car to beat the red light? _____
18. Do you criticize the way others drive? _____
19. Do you consider yourself hard-working? _____
20. Do your friends/relatives consider you hard-working? _____

Total Score _____

To rate your Stress-prone Self compare your score with the following scale:

- 20 - 30 You tend to be very easy going with little or no stress in your life.
- 31 - 50 You have a good balance between handling and controlling stress.
- 51 - 60 You are beginning to show stress. You may becoming TENSE.
- 61 Plus You are a bundle of nervous stress.

If you are in the higher stress levels you should take action to lower your stress to prevent illness.

Is Your Attitude Showing? #2

Judge your driving attitude toward others and the situations you find yourself in by completing the following questions.

Beside each statement, write the number that most closely represents your answer. Answer with your first reaction.

4 = Often 3 = Sometimes 2 = Seldom 1 = Never

1. Do you wonder how other drivers managed to get their operator's license? _____
 2. Do you feel that you are the best judge of the speed at which you should be permitted to drive? _____
 3. Do you pay no attention to traffic lights at night when the streets are practically deserted? _____
 4. Do you want your friends to admire the way you don't have to pay attention to the road when you're driving? _____
 5. Do you brag about the times you broke the law and didn't get caught? _____
 6. Do you take chances in traffic "just for the fun of it" ? _____
 7. When traffic situations go wrong, do you get angry? _____
 8. Do you figure there's no sense in giving the other driver an "even break" if he doesn't insist on it? _____
 9. Do you resent that someone else is a better driver than you are? _____
 10. In your "book" is it the other driver who is always wrong? _____
 11. Do you feel that having the legal right-of-way lets you out of having to share the road? _____
 12. Do you feel that traffic tickets should be "fixed" if you know the "right people"? _____
- Total Score _____

If your total 35 or more, you should start right now to improve your driver attitude. Sooner or later, this bad attitude will get you into trouble.

Anger. Is it Affecting Your Behaviour?

Using "I" statements are the key to equalizing your anger.

Anger Check List

Answer True or False to the following questions.

1. People have told me that I need to calm down. _____
 2. I feel tense much of the time. _____
 3. At school, home, work, or play I find myself not saying what is on my mind. _____
 4. When I am upset, I try to block out the world by watching TV, reading a book or magazine, listening to music, going to sleep, or going for a drive. _____
 5. I am drinking alcohol and/or smoking marijuana and/or doing other drugs daily to help myself calm down. _____
 6. I have trouble getting to sleep. _____
 7. I feel misunderstood or not listened to much of the time by parents and teachers or peers. _____
 8. People ask me not to yell or curse so much. _____
 9. My loved ones keep saying that I am hurting them. _____
 10. Friends do not seek me out as much. _____
- Total up the number of statements you answered as "true". _____

Refer to the score chart below.

Scoring:

- 0 - 2 = **MANAGEABLE** - you could benefit from relaxation training
- 3 - 5 = **MODERATE** - you need to learn more about what stresses you, and learn stress management techniques
- 6+ = **OUT OF CONTROL** - you have an anger problem that could benefit from learning anger management techniques

Road Rage Quiz

How do you typically react to driving situations? For each of the questions below, circle the corresponding number that you feel most accurately describes you. There are no right or wrong answers.

Rating scales values: 1 = Always 2 = Sometimes 3 = Never

- | | | | |
|---|---|---|---|
| 1. I mutter to myself about other drivers. | 1 | 2 | 3 |
| 2. I get irritated while driving. | 1 | 2 | 3 |
| 3. When I'm in a traffic jam I tend to get angry or frustrated. | 1 | 2 | 3 |
| 4. When I'm in a hurry, I tailgate. | 1 | 2 | 3 |
| 5. I honk and flash headlights at other vehicles to express my anger. | 1 | 2 | 3 |
| 6. When I'm angry, I drive in a rude manner. | 1 | 2 | 3 |
| 7. I give gestures to others when driving. | 1 | 2 | 3 |
| 8. I take risks on the road when I'm angry. | 1 | 2 | 3 |
| 9. When I get angry or mad all the rules go out the window. | 1 | 2 | 3 |
| 10. I have fought with another motorist. | 1 | 2 | 3 |
| 11. I have pursued another vehicle. | 1 | 2 | 3 |
| 12. I have forced a car off the road. | 1 | 2 | 3 |
| 13. I have threatened another driver. | 1 | 2 | 3 |
| 14. I have deliberately obstructed another driver. | 1 | 2 | 3 |
| 15. I have cut off another driver. | 1 | 2 | 3 |
| 16. I have competed for a parking space. | 1 | 2 | 3 |

Totals:

2 or more answers rated "1" indicate your road rage tendency is at a dangerous level
5 or more answers rated "2" indicate you have a moderate road rage
7 or more answers rated "3" indicate you are in control of yourself

Poor Driving Habits Quiz

The following statements are the most common complaints about drivers. Rate yourself for each of the following statements.

Rating Scale Values: 1 = always 2 = sometimes 3 = never

When I drive I...

- | | | | |
|--|---|---|---|
| 1. cut off, cut in and slow down. | 1 | 2 | 3 |
| 2. run a red light or speed up to a yellow light. | 1 | 2 | 3 |
| 3. change lanes in a reckless manner or weave through traffic. | 1 | 2 | 3 |
| 4. turn without signaling. | 1 | 2 | 3 |
| 5. tailgate and follow too close. | 1 | 2 | 3 |
| 6. cruise in the passing lane and don't move over. | 1 | 2 | 3 |
| 7. rush or am impatient all the time. | 1 | 2 | 3 |
| 8. yell, insult or gesture at other drivers. | 1 | 2 | 3 |
| 9. take too long to turn or get moving. | 1 | 2 | 3 |

Scoring:

Place a circle around each of the statements to which you rated "1" or "2".

Review the circled statements above and be aware that these are your own "poor driving habits" and that you need to make an honest effort to improve upon them.