

DRIVER STRESS PROFILE

ANSWER EACH STATEMENT AS HONESTLY AS YOU CAN.

Since we tend to underestimate our reactivity, it may help to take this test with a friend or spouse.

I. ANGER

DO YOU EVER:

1. Get angry at drivers.
2. Get angry at fast drivers.
3. Get angry at slow drivers.
4. Get angry when cut off.
5. Get angry at malfunctioning stoplights.
6. Get angry at traffic jams.
7. Spouse or friends tell you to calm down.
8. Get angry at tailgaters.
9. Get angry at your passengers.
10. Get angry when multilane highway narrows.

Always	Often	Sometimes	Never	Score
3	2	1	0	

ANGER SCORE =

II. IMPATIENCE

1. Impatient waiting for passengers to get in.
2. So impatient, won't let car engine warm up.
3. Impatient at stoplights.
4. Impatient waiting in lines (car wash, bank).
5. Impatient waiting for parking space.
6. As passenger, impatient with driver.
7. Impatient when car ahead slows down.
8. Impatient if behind schedule on a trip.
9. Impatient driving in far right, slow lane.
10. Impatient with pedestrians crossing street.

Always	Often	Sometimes	Never	Score
3	2	1	0	

IMPATIENCE SCORE =

III. COMPETING

1. Compete on the road.
2. Compete with yourself.
3. Compete with other drivers.
4. Challenge other drivers.
5. Race other drivers.
6. Compete with cars in tollbooth lines.
7. Compete with other cars in traffic jams.
8. Compete with drivers who challenge you.
9. Compete to amuse self when bored.
10. Drag race adjacent car at stop lights.

Always	Often	Sometimes	Never	Score
3	2	1	0	

COMPETING SCORE =

IV. PUNISHING

1. Do you "punish" bad drivers?
2. Complain to passengers about other drivers.
3. Curse at other drivers.
4. Make obscene gestures.
5. Block cars trying to pass.
6. Block cars trying to change lanes.
7. Ride another car's tail.
8. Brake suddenly to punish tailgater.
9. Use high beams to punish bad driver.
10. Seek personal encounter with bad driver.

Always 3	Often 2	Sometimes 1	Never 0	Score

PUNISHING SCORE =

DRIVER STRESS PROFILE RESULTS

ANGER _____
 IMPATIENCE _____
 COMPETING _____
 PUNISHING _____
 TOTAL _____