

# ARE YOU AN AGGRESSIVE DRIVER?

*Here's a test-yourself inventory used with drivers who volunteered to change their driving styles. The 20 items are arranged by escalating degrees of hostility. How far would you go?*

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1. Mentally condemning other drivers.
2. Verbally degrading other drivers to a passenger in your vehicle.
3. Closing ranks to deny someone entering your lane because you're frustrated.

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4. Giving another driver a "mean look" to show your disapproval.
  5. Speeding past another car or revving the engine as a sign of protest.
  6. Preventing another driver from passing because you're mad.
  7. Tailgating to pressure a driver to go faster or get out of the way.

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8. Fantasying physical violence against another driver.
  9. Honking or yelling at someone through the window to indicate displeasure.
  10. Making a visible obscene gesture at another driver.
  11. Using your car to retaliate by making sudden, threatening maneuvers.

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12. Pursuing another car in chase because of provocation or insult.
  13. Getting out of the car and engaging in a verbal dispute on a street lot.
  14. Carrying a weapon in the car in case you decide to use it in a driving incident.
  15. Deliberately bumping or ramming another car in anger.
  16. Trying to run another car off the road to punish the driver.

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17. Getting out of the car and beating or battering someone.
  18. Trying to run someone down whose actions angered you.
  19. Shooting at another car.
  20. Killing someone.

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**Results are divided into "zones of aggressiveness."**

The Unfriendly Zone: Items 1 to 3.

The Hostile Zone: Items 4 to 7

The Violent Zone: Items 8 to 20