



Aggressive Driver's Course
Booklet (4 Hours)

Instructor:

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Introduction:

Your Name:

Date of Birth:

What City/State are you from?

What kind of violation did you receive a ticket for?

When do you have to attend court for your violation?

What would you be doing if you didn't have to complete this course?

Do you feel it is important to keep your driving privilege?

Make sure to take your time with the following pages - read and respond in complete thoughts and sentences.

If the workbook is not complete, you will be required to resubmit.

The review video on the website will assist with proper completion.

Course Objectives:

1. Define aggressive & reckless driving.
2. Identify behaviors that resulted in a traffic violation or collision.
3. Identify problems caused by driving habits and behaviors.
4. Examine and discuss Daniel Amen's Brain Chemistry Theory.
5. Create an understanding that behaviors are a choice, identify behaviors that can be controlled, and create a system for changing problem driving behaviors.
6. Taking responsibility: explore behaviors that resulted in your most recent traffic violation or collision. Learn how to evaluate effective behavior and make a plan to change.
7. Review actions that are considered aggressive driving.
8. Identify the positive and negative consequences of choosing effective or ineffective behaviors.
9. Review State laws regarding license suspension, revocation, and cancellation.
10. Amen's brain system checklist to possibly identify underlying issues that may influence behavior.

1. Define aggressive and reckless driving:

This dangerous driving behavior is defined by Virginia law as the intent to harass, intimidate, injure or obstruct another person while committing one or more traffic offenses such as failure to stop or yield the right-of-way, evasion of a traffic control device, or failure to give way to an overtaking vehicle.

When they're behind the wheel of their vehicles, these high risk drivers take out their frustration on other motorists. When their frustration levels run high, their concern for their fellow motorists runs low. These individuals may run stop signs and red lights, speed, tailgate, weave in and out of traffic, pass on the shoulder or unpaved portions of the road, make improper and unsafe lane changes, make hand and facial gestures, scream, honk, and/or flash their high beams at other drivers, etc..

Aggressive Driving can also be defined as “driving in a selfish, bold, or pushy manner without regard for the right or safety of the other users of the roadways.”

Reckless Definition from Webster’s New World Dictionary

1. Careless, heedless
2. **Not regarding consequences;** headlong and irresponsible.

Fairfax County Code section 82-3-1. Reckless driving generally:

Irrespective of the maximum speeds provided in this chapter, any person who drives a vehicle upon a highway recklessly or at a speed or in a manner so as to endanger the life, limb, or property of any person shall be guilty of reckless driving.

There are two categories of Aggressive Drivers:

A) Aggressive Drivers

B) Passive Aggressive Drivers

Acts of Aggressive Drivers are more immediately apparent to those around them. These include speeding, sudden lane changes, not yielding the right of way, tailgating, negative gestures and interaction with other drivers, flashing high beams, disobeying traffic law, etc.

Acts of Passive Aggressive Drivers are often more subtle, but can be equally as dangerous. These include driving slow in the fast lane, tailgating without realizing it, ignoring other drivers turn signals, not using their own turn signals, talking on the cell phone, not paying attention, etc.

We CHOOSE Our Behavior:

All human behaviors are chosen behaviors. We choose to act in these ways, and if our chosen behaviors do not achieve positive results, we need to change our behavior! It seems quite simple in theory, but often difficult in practice. We must first figure out and understand what needs are being fulfilled by that chosen behavior. And remember, if you're taking this course, your chosen behaviors are NOT getting you positive results. It's time to change.

Dr. Daniel Amen's Philosophy:

Often the philosophical understanding is not enough to empower an individual to change their behavior. Although it is a place to start, we need to go beyond that to determine if the behavior is psychological, sociological, or biological. It may be necessary to change our brain chemistry in order to fully fix the issue.

As Humans, we have similar experiences behind the wheel.

1. Driving is a dangerous activity. It is likely the most dangerous activity any of us undertakes on a daily basis. How do you make driving less dangerous for yourself and your passengers?
2. Driving can be fun for many of us too. What part of driving is most fun for you?
3. Driving is a good chance to connect with loved ones, whether in your vehicle or by visiting them. List a time that driving made you feel more connected to your loved ones.
4. Driving is also a means to an end for many of us. How does your driving privilege effect your work or job?
5. Driving can be frustrating too. What is the most frustrating thing you experience behind the wheel?

Complete the following sentences with an example of how each circumstance effects you BEHIND THE WHEEL:

To make driving less dangerous, **behind the wheel**, I:

To make driving fun for me, **behind the wheel**, I:

Driving helps me feel connected to loved ones when:

My driving privilege is related to my work or job by:

The most frustrating thing I experience **behind the wheel** is:

As drivers we all experience similar situations behind the wheel of our vehicles. Understanding them and how we deal with them can help us make better choices behind the wheel.

MAKE A PLAN:

1. What are you willing to do to adjust your behavior and not receive another ticket?
2. How will you accomplish this goal?
3. How important is it that this plan be successful? Will things get better or worse if this plan fails?
4. How would your life and circumstances change if you lost your driving privilege?

Quite often people who make bad choices, i.e.: speeding, drinking and driving, or other reckless driving behaviors suffer from what one might call a **behavioral disorder**. Often a **behavioral disorder** is a direct result of **poor brain function**,

Enclosed is the comprehensive brain system checklist to give you a better idea of what may be going on. After taking a closer look at your behavior, should the problem persist, there may be a brain chemistry issue.

That does not mean there is something wrong with you. No two people are the same and there are many theories behind behavior. Don't give up until you find a solution that works to help make your **life better!**

Empathy

Empathy is the ability to connect with other's feelings, to “put yourself in their shoes”, and try to feel what they are feeling. Empathy, in its various forms, **is the glue that holds a society together**. In the process of losing the ability to reason, we have lost the ability to feel empathy for others.

Do not confuse the word empathy with sympathy. Achieving empathy does not mean that you condone another's bad behavior. As stated above, you are putting yourself in their place, considering the possible events that could be affecting another person. What kind of day are **they** having?

1. What happens in a **society** that loses empathy?

2. How does empathy **affect driving?** Without it, **what dynamics change behind the wheel?**

3. Empathy is something that is taught in the home by example. What happens when children **aren't taught empathy?**

4. **If people could feel the pain they inflict on others**, they would quickly change their behavior? **True or False**

Things to Consider

Successful drivers are mature and accept responsibility for their actions. **We all make mistakes!** It's easy to get angry with someone else for their behavior, **but when we choose to be empathetic, we realize that we don't know what's going on in that person's life today. Consider the possibilities.**

How did you get here??

Think about your last traffic violation and/or the one that caused you to take this course. Using that experience as a frame of reference, answer the following questions.

1. What were you doing and where were you going when you received the violation?
2. What did you **think and feel** when you were first stopped?
3. Would you do things **differently** now?
4. Did you **consciously know you were breaking the law** and could go to jail for that specific behavior?

5. If you WERE aware of the consequences, **why did you choose to disregard them?**

6. Do you feel, now that you have some understanding of your behavior, **will you be able to make active effort to change your behavior?**

6 Actions Considered “Aggressive Driving” or “Passive Aggressive”.

While reviewing these items, **ask yourself, “do I do that?” and “Why??”**

1. Lane Blocking: Often passive aggressive and can also be aggressive depending on intention.
2. Tailgating: Passive aggressive or Aggressive. Did you know that deadly traffic altercations often arise from tailgating?
3. Signal Use: Passive aggressive or Aggressive.
4. Gestures: Aggressive.
5. Excessive Horn Use: Aggressive behavior.
6. Headlight Use/Flashing: Passive aggressive or Aggressive depending on intent.

Weapons commonly used by aggressive drivers when an altercation takes place: fists, feet, tire irons, jack handles, baseball bats, knives, hurled objects, guns, and most frequently – the vehicle itself.

And remember: millions of motorists in your State are carrying firearms, both legally and illegally, and you don't know if they're having a good day.

Think about this!
All parts must be answered.

You're at a stoplight, a vehicle pulls up next to you, and you think they are turning right at the light. The signal turns Green, but the vehicle goes straight and cuts you off in the intersection.

Out of irritation, you consider speeding up to cut them off or letting it go and continuing your drive.

Who is in control of this situation?

1. Why is control so important when it comes to your emotions? 2. What dynamics change when you're behind the wheel of a car?

Ask yourself the following: 1. would you act the same way face to face? 2. Do your behaviors on the highway reflect who you are in person? 3. Why or why not?

We learn lessons of life one of two ways:

Either through obedience to the natural laws or through suffering the consequences of not observing those laws; through other's adversity.

One of the biggest problems we face is a lack of knowledge: we don't know the laws. It is your personal responsibility to STAY INFORMED.

How are YOU learning your lessons? **Obedience?
Or suffering?**

Do you feel that the potential punishment for your traffic violation fits the crime?

No one consciously creates suffering, it isn't human nature. The key word is consciously... we need to start being more conscious.

And if we are conscious of our behavior, we can make a conscious effort to change it.

For the next activity please refer to the **Virginia Code Book linked below and/or Virginia DMV Website** to research and answer the following questions. Remember, laws change in each State. It is **YOUR RESPONSIBILITY to be informed** regardless of the State you're driving in.

Virginia DMV Website: www.DMVnow.com

Virginia Code and Traffic Laws: <https://law.lis.virginia.gov/vacode/title46.2/chapter8/>

1. **What is a License suspension as defined by the Virginia DMV?**
2. **How long can your license be suspended for the moving violation you have received in Virginia?**
3. **What other behaviors result in license suspension? LIST AT LEAST THREE:**
4. **What is a license revocation AND How is it different from a license suspension?**

5. How long can your license be revoked?

6. What behaviors result in a license revocation? LIST AT LEAST THREE:

7. What is a permanent revocation?

8. If you are found Guilty of driving on a suspended or revoked license, what are the punishments? Is this a criminal offense?

9. What are Virginia's consequences for a first-time DWI/DUI conviction?

AMEN'S BRAIN SYSTEM CHECKLIST

Please rate yourself on each of the symptoms listed below, using the following scale. If possible, have someone who knows you well rate you also or help while doing the checklist to ensure honesty.

Please note: this is not meant to provide any type of medical diagnosis, but rather serve as a guide to help you identify problematic behavior and possibly seek further evaluation if needed.

There are no right or wrong answers. Be honest with yourself, you don't need to share your results with anyone else and this portion of the workbook DOES NOT need to be returned to us. You can keep this information private.

| 0 | 1 | 2 | 3 | 4 |
|---|--------|-----------|------------|------------|
| Never | Rarely | Sometimes | Frequently | Very Often |
| 1. Has trouble sustaining attention | _____ | _____ | _____ | _____ |
| 2. Lacks attention to details | _____ | _____ | _____ | _____ |
| 3. Is easily distracted | _____ | _____ | _____ | _____ |
| 4. Tends to procrastinate | _____ | _____ | _____ | _____ |
| 5. Lacks clear goals | _____ | _____ | _____ | _____ |
| 6. Is restless | _____ | _____ | _____ | _____ |
| 7. Has difficulty expressing empathy | _____ | _____ | _____ | _____ |
| 8. Blurts out answers before questions, interruptive | _____ | _____ | _____ | _____ |
| 9. Is impulsive | _____ | _____ | _____ | _____ |
| 10. Needs caffeine or nicotine in order to focus | _____ | _____ | _____ | _____ |
| 11. Gets stuck on negative thoughts | _____ | _____ | _____ | _____ |
| 12. Worries constantly | _____ | _____ | _____ | _____ |
| 13. Has tendency towards compulsive behavior or addiction | _____ | _____ | _____ | _____ |
| 14. Hold grudges | _____ | _____ | _____ | _____ |
| 15. Become upset when things do not go your way | _____ | _____ | _____ | _____ |
| 16. Become upset when things are out of place | _____ | _____ | _____ | _____ |
| 17. Has tendency to be oppositional or argue | _____ | _____ | _____ | _____ |
| 18. Dislikes change | _____ | _____ | _____ | _____ |
| 19. Needs to have things done a certain way | _____ | _____ | _____ | _____ |
| 20. Has trouble seeing options in situations | _____ | _____ | _____ | _____ |
| 21. Feels sad frequently | _____ | _____ | _____ | _____ |
| 22. Is negative minded often | _____ | _____ | _____ | _____ |
| 23. Feels dissatisfied | _____ | _____ | _____ | _____ |
| 24. Feels bored | _____ | _____ | _____ | _____ |

25. Has low or no energy _____
26. Experiences decreased interest in things you used to find fun or pleasurable

27. Experience feelings of hopelessness, helplessness, guilt

28. Has crying spells _____
29. Has chronic low self esteem _____
30. Experiences social isolation _____
31. Feels nervous and anxious _____
32. Experiences feelings of panic _____
33. Has symptoms of heightened muscle tension _____
34. Tends to predict the worst _____
35. Avoids conflict _____
36. Has excessive fear of being judged or scrutinized _____
37. Has excessive motivation or trouble stopping _____
38. Lacks confidence in ability _____
39. Always waiting for something bad to happen _____
40. Prone to quick starts _____
41. Has a short fuse _____
42. Experiences periods of heightened irritability _____
43. Misinterprets comments as negative _____
44. Experiences frequent periods of déjà vu _____
45. Displays mild paranoia _____
46. Has a history of head injury _____
47. Experiences dark thoughts, sometimes suicidal _____
48. Undergoes periods of memory loss _____
49. Has trouble finding the right words _____
50. Experiences unstable moods _____
51. Has poor handwriting _____
52. Has trouble maintaining an organized workspace _____
53. Tends to have piles of objects around the house _____
54. Is more sensitive to noise than others _____
55. Excessively sensitive to touch or tags in clothing _____
56. Tends to be clumsy or accident prone _____
57. Has trouble learning new information or routines _____
58. Has trouble keeping up in conversations _____
59. Light sensitivity and easily bothered by glare _____
60. Seem to be more sensitive than others to the environment

AMEN'S BRAIN SYSTEM CHECKLIST CONCLUSION KEY

Prefrontal Cortex Symptoms (PFC)

Inattention Symptoms, 1-18

Hyperactivity-Impulsivity Symptoms, 19-28

Anterior Cingulate System (ACS) Symptoms, 29-45

Deep Limbic System (DLS) Symptoms, 46-63

Basal Ganglia (BGS) Symptoms, 64-88

Temporal Lobe (TLS) Symptoms, 89-101

Again, this is not a diagnosis, this is just another way to consider that your behavior may extend beyond the highway, and the first step to finding a solution may be addressing deeper concerns!!

Thank you for completing the Aggressive Driver's Course Workbook. Please save your file.

Please make sure that you have watched the Review Video on the website. If you have not, visit www.adapt-driving.com, click on the Aggressive Driver's Tab, and watch the video under "Step 3".

After reviewing the video, you may want to make adjustments to your workbook to ensure you do not have to re-do it. Please do so BEFORE emailing the completed packet to us.

Please note in your e-mail that you HAVE COMPLETED THE REVIEW VIDEO. I will not review the workbook until you confirm this.

E-mail the complete workbook to:
Zach@AdaptDriving.com

Once received we will e-mail your certificate of completion to you. If you need a hard copy shipped, an additional fee is required. Thanks and Good Luck with your Case!