FREE Worksheets

# Driving Anger

## Expression Inventory

Practical and engaging printable tools!

# Driving Anger
## Expression Inventory

**Directions:** Everyone feels angry or furious from time to time when driving, but people differ in the ways that they react when they are angry while driving. A number of statements are listed below which people have used to describe their reactions when they feel angry or furious. Read each statement and then fill in the bubble to the right of the statement indicating how often you generally react or behave in the manner described when you are angry or furious while driving. There are no right or wrong answers. Do not spend too much time on any one statement.

| | | Almost Never | Sometimes | Often | Almost Always |
|---|---|---|---|---|---|
| 1. | I give the other driver the finger. | ❑ | ❑ | ❑ | ❑ |
| 2. | I drive right up on the other driver's bumper. | ❑ | ❑ | ❑ | ❑ |
| 3. | I drive a little faster than I was. | ❑ | ❑ | ❑ | ❑ |
| 4. | I try to cut in front of the other driver. | ❑ | ❑ | ❑ | ❑ |
| 5. | I call the other driver names aloud. | ❑ | ❑ | ❑ | ❑ |
| 6. | I make negative comments about the other driver | ❑ | ❑ | ❑ | ❑ |
| 7. | I follow right behind the other driver for a long time. | ❑ | ❑ | ❑ | ❑ |
| 8. | I try to get out of the car and tell the other driver off. | ❑ | ❑ | ❑ | ❑ |
| 9. | I yell questions like "Where did you get your license?" | ❑ | ❑ | ❑ | ❑ |
| 10. | I roll down the window to help communicate my anger. | ❑ | ❑ | ❑ | ❑ |
| 11. | I glare at the other driver. | ❑ | ❑ | ❑ | ❑ |
| 12. | I shake my fist at the other driver. | ❑ | ❑ | ❑ | ❑ |
| 13. | I stick my tongue out at the other driver. | ❑ | ❑ | ❑ | ❑ |
| 14. | I call the other driver names under my breath. | ❑ | ❑ | ❑ | ❑ |
| 15. | I speed up to frustrate the other driver. | ❑ | ❑ | ❑ | ❑ |
| 16. | I purposely block the other driver from doing what he/she wants to do. | ❑ | ❑ | ❑ | ❑ |
| 17. | I bump the other driver's bumper with mine. | ❑ | ❑ | ❑ | ❑ |
| 18. | I go crazy behind the wheel. | ❑ | ❑ | ❑ | ❑ |
| 19. | I leave my brights on in the other driver's rear view mirror. | ❑ | ❑ | ❑ | ❑ |
| 20. | I try to force the other driver to the side of the road. | ❑ | ❑ | ❑ | ❑ |
| 21. | I try to scare the other driver. | ❑ | ❑ | ❑ | ❑ |
| 22. | I do to other drivers what they did to me. | ❑ | ❑ | ❑ | ❑ |
| 23. | I pay even closer attention to being a safe driver. | ❑ | ❑ | ❑ | ❑ |

| | | Almost Never | Sometimes | Often | Almost Always |
|---|---|---|---|---|---|
| 24. | I think about things that distract me from thinking about the other driver. | ❑ | ❑ | ❑ | ❑ |
| 25. | I think things through before I respond. | ❑ | ❑ | ❑ | ❑ |
| 26. | I try to think of positive solutions to deal with the situation. | ❑ | ❑ | ❑ | ❑ |
| 27. | I drive a lot faster than I was. | ❑ | ❑ | ❑ | ❑ |
| 28. | I swear at the other driver aloud. | ❑ | ❑ | ❑ | ❑ |
| 29. | I tell myself its not worth getting all mad about. | ❑ | ❑ | ❑ | ❑ |
| 30. | I decide not to stoop to their level. | ❑ | ❑ | ❑ | ❑ |
| 31. | I swear at the other driver under my breath. | ❑ | ❑ | ❑ | ❑ |
| 32. | I turn on the radio or music to calm down. | ❑ | ❑ | ❑ | ❑ |
| 33. | I flash my lights at the other driver. | ❑ | ❑ | ❑ | ❑ |
| 34. | I make hostile gestures other than giving the finger. | ❑ | ❑ | ❑ | ❑ |
| 35. | I try to think of positive things to do. | ❑ | ❑ | ❑ | ❑ |
| 36. | I tell myself it's not worth getting involved in. | ❑ | ❑ | ❑ | ❑ |
| 37. | I shake my head at the other driver. | ❑ | ❑ | ❑ | ❑ |
| 38. | I yell at the other driver. | ❑ | ❑ | ❑ | ❑ |
| 39. | I make negative comments about the other driver under my breath. | ❑ | ❑ | ❑ | ❑ |
| 40. | I give the other driver a dirty look. | ❑ | ❑ | ❑ | ❑ |
| 41. | I try to get out of the car and have a physical fight with the other driver. | ❑ | ❑ | ❑ | ❑ |
| 42. | I just try to accept that there are bad drivers on the road. | ❑ | ❑ | ❑ | ❑ |
| 43. | I think things like "Where did you get your license?" | ❑ | ❑ | ❑ | ❑ |
| 44. | I do things like take deep breaths to calm down. | ❑ | ❑ | ❑ | ❑ |
| 45. | I just try and accept that there are frustrating situations while driving. | ❑ | ❑ | ❑ | ❑ |
| 46. | I slow down to frustrate the other driver. | ❑ | ❑ | ❑ | ❑ |
| 47. | I think about things that distract me from the frustration on the road. | ❑ | ❑ | ❑ | ❑ |
| 48. | I tell myself to ignore it. | ❑ | ❑ | ❑ | ❑ |
| 49. | I pay even closer attention to other's driving to avoid accidents. | ❑ | ❑ | ❑ | ❑ |

## Scales involved in the Driving Anger Expression Inventory (DAX):

(1) 12-item Verbally Aggressive Expression (α = .88) Items generally involve overt and covert verbal aggression with some nonverbal behaviors such as glares—Items 5, 6, 9, 11, 14, 28, 31, 37, 38, 39, 40, and 43

(2) 11-item Physically Aggressive Expression (α = .84) Items generally involve physically aggressive displays or behavior, but not where the person is using the car as an instrument of intimidation, aggression, and frustration—Items 1, 8, 10, 12, 13, 17, 18, 20, 21, 34, and 41

(3) 11-item Using the Vehicle for Aggressive Expression (α = .86) Items generally involve using the vehicle or one's driving behavior to frustrate, intimidate, or express displeasure with the another driver—Items 2, 3, 4, 7, 15, 16, 19, 22, 27, 33, and 46

(4) 15-item Adaptive/Constructive Expression (α = .90) Items generally involve cognitive and behavioral strategies for safe driving, problem-solving, distraction and cognitively reframing the situation—Items 23, 24, 25, 26, 29, 30, 32, 35, 36, 42, 44, 45, 47, 48, and 49

## Citations:

Deffenbacher, J. L., Lynch, R. S., Deffenbacher, D. M., & Oetting, E. R. (2001). Further evidence of reliability and validity for the Driving Anger Expression Inventory. Psychological Reports, 89, 535-540.

Deffenbacher, J. L., Lynch, R. S., Oetting, E. R., & Swaim, R. C. (2002). The Driving Anger Expression Inventory: A measure of how people express their anger on the road. Behaviour Research and Therapy, 40, 717-737.

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Dr. Peterson serves on the editorial review board for the American Counseling Association and has lectured to mental health professionals throughout the country on how to avoid Microaggressions in a clinical setting, ethical concerns in therapy, and the psychological effects of shame.

He is the co-founder and organizer of the Healthcare Guild (healthcareguild.com), a national non-profit organization dedicated to helping sexual and gender minorities find affirming and culturally competent health care. Dr. Peterson is a graduate of the University of Iowa and Walden University, with a Ph.D. in clinical mental health counseling education and supervision.

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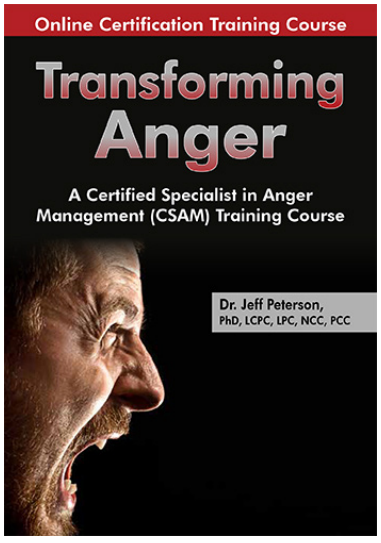


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