

UNIT 5

Emotional Factors

Coach:

You have just completed Unit 4 on Anger Avoidance and should understand more clearly how anger affects a person's driving. However, there are still other human emotions that can reduce your ability to drive safely. The happier and more relaxed people are, the better their driving ability. You can't separate the driver from the person. Since a person is the driver, let's look at some emotional factors.

FACTOR 1 - PERSONALITIES: Social scientists describe a difference in personalities. Some people are Type A (aggressive), while others are -Type B (more subdued). Type A individuals have a tendency to be more aggressive and stressed out.

1. Which type, "A" or "B," is more likely to be a problem driver? _____
 2. A person's built-in personality is difficult to change. What can a Type A person do to be less aggressive? _____
 3. Circle where you think you are on this chart.
Is this a factor in your driving? _____
- | | | | | | | | | |
|--------|---|---|---|---|---|---|---|--------|
| Type A | 7 | 6 | 5 | 4 | 3 | 2 | 1 | Type B |
|--------|---|---|---|---|---|---|---|--------|
4. Which "Type" do you think is more likely to be involved in a serious accident? _____

FACTOR 2 - FEAR: Fear is a companion to anger. Usually where you find one, you will find the other. Like anger, fear is a secondary emotion that goes back to the four sources, which, in turn, create primary emotions such as abandonment, isolation, helplessness, hopelessness, etc.

5. Studies show that people today have more fear in their lives. Why? _____
6. Fear has many cousins – words that mean the same thing.

Fright is fear suddenly aroused by great agitation, usually for a short period. Example: a bolt of lightning.

Dread is strong fear of something thought to be impending, especially of what one is powerless to avoid, such as an execution or a court date. Have you ever experienced dread? _____ How? _____

Terror is a violent, paralyzing fear one is powerless to avoid, such as seeing a person about to shoot you or skidding on ice while headed toward a large truck. Have you ever felt terror? _____ How? _____

Panic is strong, sudden fear, usually based on groundless reasons. Have you ever had a panic attack? _____

Dismay is strong apprehension that robs one of courage or power to act effectively. Have you felt this? _____

Fear can also cause **confusion** of the mind and **trembling of the body**. Have you ever experienced either one of these? _____ Describe. _____

Hopelessness is a feeling that things will never change. **Helplessness** is a sense of being unable to change things.

7. Have you ever felt hopelessness in your life? _____ Explain. _____
8. Have you ever felt helplessness in your life? _____ Explain. _____

People who experience a great deal of fear in their lives do so because they bring it on themselves. There are three hard life lessons to learn:

- 1) YOU are responsible for your behavior.
- 2) YOU will have to suffer the consequences of your bad decisions.
- 3) Life will be extra hard because of your bad decisions.



Let's do our own thing and don't be influenced by others.

9. The past belongs to the past. Each day is a new opportunity for self improvement. T or F?