

DSQ Quick Reference Guide

DIMENSION	LEFT SIDE	RIGHT SIDE
	RESISTANT	ACCOMMODATING
The degree to which a person follows rules & is open to retraining & behavior change.	<p>Questions driving rules & guidelines</p> <p>STRENGTHS</p> <ul style="list-style-type: none"> Questions the reason or purpose behind new & existing rules Points out areas for improvement in safety procedures <p>CHALLENGES</p> <ul style="list-style-type: none"> May defy safety rules & procedures May resist retraining & behavior change 	<p>Follows driving rules & guidelines</p> <p>STRENGTHS</p> <ul style="list-style-type: none"> Compliant & rule-abiding Open to retraining & behavior change <p>CHALLENGES</p> <ul style="list-style-type: none"> May 'blindly' follow guidelines when they are not appropriate May fail to notice areas for improvement in safety procedures
	ANXIOUS	CALM
The degree to which a person experiences stress & pressure.	<p>Sensitive to driving stress & pressure</p> <p>STRENGTHS</p> <ul style="list-style-type: none"> Quick to perceive threats when driving Strong sense of urgency <p>CHALLENGES</p> <ul style="list-style-type: none"> May quickly experience stress in unexpected driving situations May have difficulty thinking clearly & rationally under pressure when driving 	<p>Tolerant of driving stress & pressure</p> <p>STRENGTHS</p> <ul style="list-style-type: none"> High threshold for stress Thinks clearly & rationally when driving under pressure <p>CHALLENGES</p> <ul style="list-style-type: none"> May underestimate the seriousness of a driving situation May lack a sense of urgency
	IMPATIENT	PATIENT
The degree to which a person experiences frustration & irritation.	<p>Experiences frustration & irritation while driving</p> <p>STRENGTHS</p> <ul style="list-style-type: none"> Quick to address unsafe driving behavior Assertive when driving <p>CHALLENGES</p> <ul style="list-style-type: none"> May take other drivers' behavior personally May be easily irritated or annoyed with other drivers 	<p>Tolerant of frustrations & irritations while driving</p> <p>STRENGTHS</p> <ul style="list-style-type: none"> Rarely shows agitation towards other drivers Even-tempered when driving <p>CHALLENGES</p> <ul style="list-style-type: none"> May be too tolerant or lenient with other drivers May avoid reporting unsafe driving behavior



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	DISTRACTIBLE	FOCUSED
The degree to which a person seeks variety & stimulation.	<p>Seeks variety & stimulation when driving</p> <p>STRENGTHS</p> <ul style="list-style-type: none"> Shifts or splits focus when needed Comfortable with variability & new stimuli when driving <p>CHALLENGES</p> <ul style="list-style-type: none"> May struggle to focus for long driving periods May be easily distracted or bored when driving is routine or repetitive 	<p>Seeks routine & simplicity when driving</p> <p>STRENGTHS</p> <ul style="list-style-type: none"> Focuses for long periods of driving when needed Stays alert when driving is routine or repetitive <p>CHALLENGES</p> <ul style="list-style-type: none"> May struggle with shifting or splitting focus when driving May feel overwhelmed by high variability & new stimuli
	IMPULSIVE	CAUTIOUS
The degree to which a person considers consequences & risks when making decisions.	<p>Quick & instinctive driving decisions</p> <p>STRENGTHS</p> <ul style="list-style-type: none"> Quick to decide & take action when driving Confident in driving capabilities <p>CHALLENGES</p> <ul style="list-style-type: none"> May underestimate consequences & risks of driving decisions May overestimate driving capabilities 	<p>Thoughtful & careful driving decisions</p> <p>STRENGTHS</p> <ul style="list-style-type: none"> Carefully evaluates driving situations before acting Realistic regarding driving capabilities & limitations <p>CHALLENGES</p> <ul style="list-style-type: none"> May be slow to make decisions & take action when needed May underestimate driving capabilities
	THRILL-SEEKING	APPREHENSIVE
The degree to which a person avoids uncertainty & risk.	<p>Excited by driving risks & uncertainty</p> <p>STRENGTHS</p> <ul style="list-style-type: none"> Suited for inherently high-risk driving roles Enjoys novel & unfamiliar driving experiences <p>CHALLENGES</p> <ul style="list-style-type: none"> May take unnecessary driving risks May engage in dangerous driving maneuvers when restless or bored 	<p>Avoidant of driving risk & uncertainty</p> <p>STRENGTHS</p> <ul style="list-style-type: none"> Avoids unnecessary driving risks Averts dangerous driving situations <p>CHALLENGES</p> <ul style="list-style-type: none"> May have difficulty taking necessary or unavoidable driving risks May avoid new or unfamiliar driving experiences