

## DSQ Quick Reference Guide

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

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