

Here's How the **Driving Mind eCoach** Cultivates Habits

Professor Mottola's Driving Mind eCoach provides activities for all members of the family, from 4-year-olds to ninety-four-year olds. All members, whenever they want, have their own access to the eCoach. Each member will participate in Activities, Challenges, and Games to learn how and why to perform the Zone Control actions. **Parents have "Teacher's Privileges,"** which allows them to view the teen's and younger children's eCoach performance. The activities are structured to cultivate habits by using the **Aware, Action, Reward habit cycle.** Shown to the right is one of the Challenges.



See how easy it is to use the Aware, Action, Reward Cycle to build repetitions into habit. **Your mind becomes involved** when asked to select the view that represents the best position behind the stopped vehicle ahead.



The "Stop to See the Tires" **ACTION** requires becoming **AWARE** of the

stopped vehicle ahead. Evaluate the speed of your vehicle on the approach. Evaluate the rear zone condition and take the **ACTION** to stop where the tires of the vehicle ahead are seen touching the pavement. You learn the **REWARD** gained by having this Action as a habit.

"Stop to See Tires" gives you the Reward to Control Critical Seconds:

- Gives you independence from others' actions.
- Gives you an escape path.
- Prevents being boxed in.
- Prevents stress.
- Puts you in control.
- Helps prevent robbery, carjacking, kidnapping.
- Eliminate or reduce rear-end crashes.
- Reduce severity of whiplash injury.
- In bumper-to-bumper traffic reduce distraction crashes.
- Reduce intake of exhaust fumes.
- During slippery braking conditions, slide into empty space.

If you're the co-driver, you will evaluate how your driver stops to the rear of the vehicle ahead. Place the Mind Cue Card, shown below, in the car held by the glove box as a reminder of what to evaluate. You can evaluate whether the driver made the stop with the tires visible. If so, *make the driver feel good* by stating, "I noticed you stopped to see the tires, which gives you all these rewards." Then read the list of rewards.



If you're the driver, you either have this Action as your habit or you don't. If you do, you can feel good that you are **performing an "expert-driver action."** If you don't have this habit, but would like to receive these rewards each time you stop to the rear of a vehicle, you can place the Mind Cue Card in your car as a reminder of where to stop when there's a car ahead. You'll receive many rewards each day while acquiring the habit. This same "Aware, Action, Reward" cycle is used to cultivate many of the Zone Control Actions into habits.

Nothing gained by stopping closer to the vehicle ahead!

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