

Professor Mottola's Driving Mind eCoach for Families

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Mission

To provide all members of the family, from 4-year-olds to 94-year-olds, with opportunities for acquiring habits supporting the attitude and strategies of **Awareness** for smooth, efficient, economical, responsible, stress-free behavior that **Shares the Road** for a lifetime of **Zero Crashes**.

Premise

The root cause of crashes is **failure to share the road**. If we want teens to learn how to share the road and reduce crashes, it needs to begin with loving families. Parents need to learn and value the correct actions to know what is acceptable performance from the teen. Parents can learn from *Professor Mottola's Driving Mind eCoach* not only what the best actions are for a teenager to perform; they will also have a standard for EXPERT driving behavior for judging their own habits.

All actions taken by motorists, bicyclists, and pedestrians are supported by a base of habits that dictates the way the actions are performed. When actions take place by habit there is no free choice on how that action will be performed — the action takes place automatically without thought. Most of the actions drivers take are habits that have been developed by an accumulation of repetitive actions: selecting a travel speed, moving the foot onto the brake pedal, stopping to the rear of a vehicle — all without conscious thought, by habit. Good habits need to be cultivated by the mind understanding how to perform the action and value them. The *Driving Mind eCoach* cultivates the actions of the **Ten Habits of Zone Control** into **Awareness** and **Car Control** habits.

The Power of Habits

Drivers positioning themselves behind the wheel of the car and fastening their safety belt automatically, without thought, takes place — or doesn't take place — by habit. Drivers who don't buckle up don't *intentionally* "not fasten" the safety belts. There is no thought; ignoring the use of belts takes place automatically. It's the same process for the driver who gets into the car and fastens the seatbelt — there's no conscious involvement; the belt automatically gets fastened. It is easier to develop a bad habit — it only takes repeating the action. It's easier to get into a car and sit down, rather than to sit down and fasten the belt. Most people have had years of practice sitting down — sitting down at the dinner table, sitting on the sofa, sitting at the edge of the bed, sitting in a classroom. They never had to fasten a safety belt in those situations, so it didn't become an automatic response without training. If we want the teen to develop any positive habit — using safety belts, keeping a buffer of space, detecting and correcting a skid, using speed effectively — there must be opportunity for the teen to learn the action performed. They must know the reward to be gained by having that action as a habit, and most importantly, there must be opportunity to consciously and deliberately practice the action repetitively until the action takes place without thought — by habit.

Mind Cue Cards

To help teens and parents acquire the actions of **Zone Control** into habits, there are "Mind Cue Cards" that can be placed in the car as a reminder of what to consciously become aware of — a deliberate action to practice. For example, the Mind Cue Card shown here, is placed in the car as a cue for what to practice. Co-Drivers (of any age) are challenged to find "Critical Seconds" that are 10 seconds or more away. Teens get experience searching ahead and are training their minds to look for a situation that requires 100% attention. As Co-Drivers, they are no longer merely "sitting in the car" as they have done for the past 15 years. They now are getting "experience," filling their minds full of awareness. Click the link below to see how this exciting, life-changing program works. [Driving Mind Family - Sample](#)

