

Driving, One Exit at a Time

Plan a drive you have been putting off, in pieces small enough to actually do.

WHEN TO USE THIS

Use this if driving has gotten harder, or you have stopped taking certain routes.

What is hardest about driving right now?

- ☐ Highways or bridges
- ☐ Being stuck in traffic
- ☐ Long stretches with no exit
- ☐ Driving alone
- ☐ Driving at night
- ☐ Feeling far from home
- ☐ Not being able to pull over

What are you afraid will happen while you are behind the wheel?

Break one drive into three steps, smallest first.

Sit in the car. Drive to the corner. Drive one exit.

1.

2.

3.

When will you do the first step, and who could ride along?

Pulling over is allowed. It is not going backward, it is part of the drive.