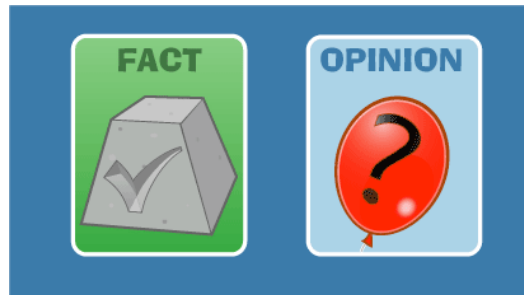


## Leading up to your driving test



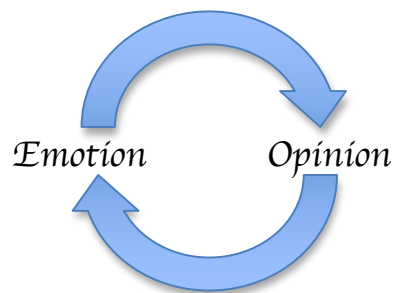
### FACT

- Evidence to support the truth
- Undisputable
- Driven by rational thought
- Using your head

### OPINION

- Based on belief or personal view
- Arguable
- Driven and reinforced by emotion
- Driven by your heart

On the lead up to your driving test, you may start to think about the absolute terms 'pass' or 'fail'. These terms can become more of a focus through conversations with family, friends and colleagues. If we focus for a moment on 'fail', we will hear many stories that can fuel our emotions and lead to an increase in stress and nerves. Sometimes we listen to so many stories that we don't know what to believe. We are trying to distinguish the **FACTS** from **others** or our **own OPINIONS**. Sometimes we can lose sight of the facts!.



**Opinions** and **Emotions** can create a **vicious circle** where by our emotions strengthen our opinions, which in turn intensify our emotions. This can lead us to view the driving test with increased stress and fear, with the likelihood we may make more mistakes during the test.

Created by <http://www.marshalldrivertraining.com>



BREAK the VICIOUS CIRCLE!!

It is helpful to ask ourselves whether our thoughts are FACT or OPINION



The Driving Examiner

FACT	OPINION
<ul style="list-style-type: none"><li>• They have standards to adhere to</li></ul>	<ul style="list-style-type: none"><li>• Maybe they have reached the pass quota for the day</li></ul>
<ul style="list-style-type: none"><li>• They start with a blank sheet, drive well and you will pass</li></ul>	<ul style="list-style-type: none"><li>• Oh no it's Friday they don't pass as many today</li></ul>
<ul style="list-style-type: none"><li>• They are fair and impartial</li></ul>	<ul style="list-style-type: none"><li>• I don't think they like me</li></ul>
<ul style="list-style-type: none"><li>• They are human</li></ul>	<ul style="list-style-type: none"><li>• They will try and catch me out</li></ul>

Get into the habit of asking yourself: FACT or OPINION and combine this with your POSITIVE statements.

**Remember you are fully prepared for the driving test, now let your good driving skills speak for themselves!**