

Traffic



Avoid Road Rage!

10 Step Compassion Program for Road Rage

Compassion for yourself. Wasting emotional energy on anger toward a driver is not worth it.

Other people have feelings too. Humiliating another driver who has made an error or acted inconsiderately only causes more frustration and anger. Think of the golden rule...have you ever made a mistake? How would you like to be treated.

Mistakes happen. Remember your own errors and remember how you were treated, or would like to be treated. Also keep in mind mistakes generally happen when a person is not rested or is stressed by other problems in their life. Don't take it on the road when you can't keep your mind on driving.

Peace...take a deep breath and just let it go. Be peaceful and courteous in your actions. Need to cut in front of someone to make an exit from a highway? Just catch their eye and point...and most of the time such a peaceful

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action will result in a positive response.

Awareness...be aware of actions you have taken that may upset another driver. Avoid confrontation and escalation.

Smile. The best response to feelings of anger is often to simply smile to yourself. Have a private laugh and you will be amazed at the disarming affect.

Survive. Think about it: The moment you yell in anger or make an obscene gesture, the chances someone will get hurt greatly increase. As always, remember, "it's just not worth it." Why let some stranger control your emotions.

Imagine seeing that driver again at a party, the grocery store or walking by you on the street. How embarrassed would you be? Why do something in a car you would never do in another situation?

Options are yours. You control what happens when you are on the road. In a confrontation with another driver? Consider your options; pull off at the exit, get a cup of coffee and relax. Put on soothing music. All the options are yours; don't choose a confrontation that could cost you your life.

Not. No, you are not a deliberate target. The actions of another driver have nothing to do with you as a person; it's simply a mistake. No disrespect was intended. Driving mistakes are not personal issues...so don't make them become personal.

Courtesy of Dr Arnold P. Nerenberg

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