

WHEN ANGER TAKES THE WHEEL

Driving Can Be Hazardous

Anger can be a contributing factor in an accident. It can cloud your judgment and slow your reaction time. Quite often, you become an aggressive driver, instead of a defensive one.

At its worst, anger can cause you to seek revenge in a traffic situation, rather than putting the prime emphasis on safety. This is a condition that spells danger with every move.



Everyday Irritations

Dealing with the everyday irritations of traffic delays, congestion and the irritating acts of other drivers is a demanding part of the job. Although it's hard to take, you have to accept it as all in a day's work.

The only way to stay safe is to develop a discipline that allows you stay cool, even when major and minor annoyances threaten your peace of mind. As a professional, you have to rise above these exasperating conditions by staying calm and collected in all situations.

Control Your Emotions

Frustrations are bound to occur, but you must keep them in perspective. A lot more than your pride is at stake. If you lose your temper behind the wheel, you're not only a danger to yourself but to everyone around you.

When you're angry, you simply fail to make good decisions. Your emotions are out of control and that's hazardous.

If you know you have a short fuse, admit it to yourself and then learn to overcome it. That will take work but it has to be done. Talk to someone who can help.

Anticipate Other's Actions

Mentally, you should always be ahead of the crowd when you're driving. If you can foresee what others may be doing, you won't be as frustrated when they do it. You'll be able to avoid danger ahead of time and you're less likely to feel angry.

Likewise, you need to anticipate the seemingly unexpected actions of other drivers and pedestrians. Of course, some drivers may fail to use good sense. But that's beside the point, when you remember that your prime goal is to drive as safely as possible. Simply accept that in any day's driven, you're going to see a few people do things that will make you angry. The smartest thing you can do is to chalk it up as part of the job.

Be Cooperative

Even though it may sometimes go against the grain, be cooperative and courteous in every situation. Don't ask for trouble.

In anger, you might be tempted to tailgate someone, or hog the road in front of them, if they've offended you. Resist the urge. Take a couple of deep breaths, relax and get on with your work. At the same time, you can pat yourself on the back for having prevented a dangerous situation.

Don't Be Temperamental

You wouldn't be a professional if you blew up at the slightest provocation, would you? That's not the answer to any problem. But, as you mature, professional person, you should know how to control your emotions. Moodiness has no place behind the wheel.

Your fellow drivers and everyone else on the highway will respect you a lot more in the long run if you handle those annoying situations with a quiet sense of cool and firm control.