

Protect yourself from those who may be quick to anger on the road by practicing defensive driving techniques when you are behind the wheel.

- Be a cautious and courteous driver. Do not speed and signal every time you merge, change lanes, or turn.
- Make sure you have plenty of room when you merge into traffic. Use your turn signal well in advance to indicate your intentions.
- Even if you are going the speed limit, do not hang out in the left lane especially if drivers behind you want to pass. In many locations the far-left lane is for passing only.
- Do not tailgate the vehicle in front of you, even if you think the car (or the traffic) in front of you is driving too slowly. Leave at least a two-second cushion between vehicles to provide enough room to stop in an emergency.
- You should be able to see the headlights of the car behind you in your rearview mirror. If you feel like the car behind you is following too closely, signal and pull over to allow the other driver to pass.
- If you see a good parking spot at the same time as another driver, just let them have it.
- Don't respond to aggression with aggression. Keep your cool and move away from an aggressive driver when it's safe.



To avoid becoming the aggressive driver by allowing yourself to let your anger get the best of you, start by adjusting your attitude and changing your approach to driving.

- Do what you can to allow more time for your trip. Often our anxiety increases because we don't have enough time to get where we are going, especially if something slows us down on the way.
- AAA Foundation for Traffic Safety recommends practicing the phrase "be my guest" when other drivers get too close. Allow them to pass, or get the parking spot first, or merge before you so they can be on their way. When the phrase "be my guest" becomes automatic you are less likely to get offended by other drivers' rude behavior.

Discussion

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What are some examples of aggressive behaviors that you want to avoid while driving?

What are your tips for not losing your cool behind the wheel?