

Take It Easy Behind the Wheel

Aggressive behavior can be a prescription for disaster when you're behind the wheel. Take this quiz to find out if you're an aggressive driver.

YES NO

- | | | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | <i>Do you try to get where you're going in the shortest possible time?</i> |
| <input type="checkbox"/> | <input type="checkbox"/> | <i>Do you fight the traffic, getting annoyed when other drivers move too slowly or block your way?</i> |
| <input type="checkbox"/> | <input type="checkbox"/> | <i>Do you often speed up at yellow lights?</i> |
| <input type="checkbox"/> | <input type="checkbox"/> | <i>Do you try to maximize your use of time by solving work problems, eating, reading or talking on the phone while driving?</i> |
| <input type="checkbox"/> | <input type="checkbox"/> | <i>Do you cut people off at intersections and exits?</i> |
| <input type="checkbox"/> | <input type="checkbox"/> | <i>Do people ever tell you that you seem upset when driving?</i> |
| <input type="checkbox"/> | <input type="checkbox"/> | <i>Do you arrive at your destination feeling keyed up, tense or drained?</i> |

If you answered yes to any of these questions, maybe it's time for an attitude check. Behaviors like these are dangerous to you and to other drivers around you.

Modify Your Driving Attitude

It would be nice if you could just skip driving altogether. But in addition to driving to and from work and running errands, you may also have to drive while on the job. Try these approaches to make driving easier and safer:

- Give yourself permission to just drive. In the long run, you'll be happier and more productive if you just relax.
- Listen to relaxing music instead of the daily disaster news.
- Make a conscious effort to avoid tailgating, lane changes, making gestures or insulting other drivers.
- Settle down by taking several slow, deep breaths.
- Remember that you only have control of your own behavior, not the behavior of others.
- Give yourself a little extra time to get where you're going, so you'll have one less reason to be aggressive on the road.

