

Road rage

- Do not take your eyes off the road.
- Avoid eye contact with an aggressive driver.
- Stay cool; don't react to provocation.
- Distance yourself from drivers behaving erratically.
- Do not make obscene gestures.
- Use your horn sparingly.
- Keep to the right except to pass; don't block passing lane.
- Do not switch lanes without signaling.
- Avoid blocking the right-hand turn lane.
- Do not take more than one parking space.
- If you are not disabled, don't park in a disabled space.
- Be careful to not allow your door to hit the car parked next to you.
- Do not tailgate.
- Avoid unnecessary use of high beam headlights.
- Do not become distracted by a cell phone, car radio, GPS system, etc.
- Do not stop in the road to talk with a pedestrian or other driver.
- Do not expose neighboring cars or others with loud or inappropriate music.
- Assume other drivers' mistakes are not personal.
- Be polite and courteous, even if the other driver isn't.
- Avoid all conflict if possible. If another driver challenges you, take a deep breath and get out of the way.
- Lower your stress by allow plenty of time for the trip, listening to soothing music, etc.
- Understand that you can't control the traffic, only your reaction to it.
- If you are followed, either drive to the nearest police station or call 911 on your cell phone.
- Finally, if you are tempted to drive irrationally, ask yourself: "Is it worth being killed? Is it worth going to jail?"