

## IDENTIFYING YOUR OWN ROAD RAGE TRIGGERS

Many people experience anger and frustration when they are driving. Below are some of the triggers (e.g. situations and people) that may increase your level of anger on the roadways. Think about and rate the ones that are frustrating, upsetting, or irritating in the past or the present (the most recent 12 months) for you using the following scale (these can be added to your *Escalation Prevention Plan* if anger on the highways has been an issue for you) :

	1	2	3	4	5
	not frustrating at all		somewhat frustrating		very frustrating

- |     | Past | Present |  |
|-----|------|---------|--|
| ___ | ___  | ___     | Having to wait a long time at stop lights or stop signs  |
| ___ | ___  | ___     | Weather conditions that slow traffic flow (e.g. snowstorms, rain showers)  |
| ___ | ___  | ___     | Road construction that slows traffic flow  |
| ___ | ___  | ___     | Driving congestion (e.g. during rush hour or at other times) that slows traffic flow   |
| ___ | ___  | ___     | Pedestrians who are moving too slowly through crosswalks   |
| ___ | ___  | ___     | Pedestrians who are “jaywalking”   |
| ___ | ___  | ___     | Bicyclists who ride on the roadways  |
| ___ | ___  | ___     | Bicyclists who ride the “wrong way” on streets   |
| ___ | ___  | ___     | Drivers who are blocking traffic when they pick someone up   |
| ___ | ___  | ___     | Drivers who seem tentative, confused, or uncertain about where they are going  |
| ___ | ___  | ___     | Old drivers  |
| ___ | ___  | ___     | Slow drivers   |
| ___ | ___  | ___     | Fast drivers   |
| ___ | ___  | ___     | Women drivers  |
| ___ | ___  | ___     | Drivers who are combing their hair, looking in the mirror, putting on makeup, or “primping”  |
| ___ | ___  | ___     | Young male drivers   |
| ___ | ___  | ___     | Reckless or careless drivers   |
| ___ | ___  | ___     | Drivers of a different race  |
| ___ | ___  | ___     | Drivers who are using their cell phones or texting while they drive  |
| ___ | ___  | ___     | Drivers who are eating or drinking in their cars   |
| ___ | ___  | ___     | Drivers who are reading or doing crossword puzzles in their cars   |
| ___ | ___  | ___     | Drivers who are talking to other passengers in their car and not paying attention to the road  |
| ___ | ___  | ___     | Drivers who are too “compulsive” or overly careful (e.g. signal turns too early, leave “too much space” between their car and the car ahead of them) |
| ___ | ___  | ___     | Drivers who have loud sound/stereo systems in their cars   |
| ___ | ___  | ___     | Drivers who own “fancy” or expensive cars (e.g. BMW, Lexus, Mercedes)  |
| ___ | ___  | ___     | Drivers who own little sporty cars   |
| ___ | ___  | ___     | Drivers who own large trucks or SUV’s  |
| ___ | ___  | ___     | Drivers whose cars are loud (i.e. with blaring stereo systems or sounding like their mufflers need repair work)                                      |
| ___ | ___  | ___     | Drivers whose cars have dark tinted windows  |

Past	Present	
___	___	Drivers who own old, rusty, or poorly-cared-for cars
___	___	Drivers who have “offensive” (to you) bumper stickers or personalized license plates e.g. _____
___	___	Drivers who don’t use their turn signals when they change lanes or make turns
___	___	Drivers who don’t acknowledge or express gratitude for a driving favor you’ve done for them (e.g. allowing them to enter a highway in front of you)
___	___	Drivers who try to pull into a parking space you’ve been waiting for
___	___	Drivers who don’t signal a left turn until they are actually stopped at a stop light
___	___	Drivers who are slow to move out when a stoplight turns green
___	___	Drivers who make right turns on stoplights when they are not supposed to
___	___	Drivers who don’t make right turns on stoplights when they are allowed to do so
___	___	Drivers who don’t go through the intersection when the light is still yellow
___	___	Drivers who enter intersections when the traffic light is yellow
___	___	Drivers who run stop signs or red lights at stoplights
___	___	Drivers who weave in and out of traffic
___	___	Drivers who drive fast or recklessly in bad weather or on poor road conditions
___	___	Drivers who try to get to the head of the line when the road merges to fewer lanes
___	___	Drivers who flash you with their bright lights
___	___	Drivers coming from the opposite direction who don’t dim their headlights
___	___	Drivers who go through “on ramp” signals illegally
___	___	Drivers who pass you on the shoulder of the road
___	___	Drivers who speed up when you try to pass them
___	___	Drivers or motorcyclists who are speeding
___	___	Drivers who tailgate you
___	___	Drivers who tap or pump their brakes when you are behind them
___	___	Drivers who honk at you
___	___	Drivers who stare, glare, or make facial expressions at you as they go by
___	___	Drivers who raise their hands to express disapproval or frustration, “flip you off,” or make other obscene gestures at you
___	___	Drivers who block or don’t go fast enough for you in the passing lane
___	___	Drivers who try to stop you from coming into their lane
___	___	Drivers who try to stop you from merging when you are trying to enter a freeway
___	___	Drivers who yell or curse at you as they go by
___	___	Drivers who try to get you to “pull over to talk” by the side of the road (e.g. by pointing in that direction)
___	___	Drivers who follow you to where you are going
___	___	Drivers who try to “talk to you” about your driving habits if they have followed you or ended up at the same destination
___	___	Drivers who swerve toward your car to try to intimidate you
___	___	Drivers who throw something at your car to punish you