

HOW DOES ROAD RAGE OCCUR?

ANGER

(A Normal And Natural Human Emotion)

When anger, that normal and natural human emotion, is not addressed and handled effectively and we allow our anger to build and fester, our anger can easily “morph” into the attitudes and behaviors listed below that are actually “toxic” distortions of what anger is supposed to be

which triggers

**CYNICISM, HOSTILITY, DISGUST, CONTEMPT,
ENTITLEMENT, AND A DESIRE TO CONTROL, “TEACH,”
AND PUNISH OTHER DRIVERS**

(The Negative And Judgmental Self-Talk, Mind-Set, And Attitudes)

e.g. *“The light’s not going to get any greener, asshole;” “That jerk isn’t going to get away with what he just did to me;” “What the hell is the matter with that turkey?;” “Get off the damn cell phone, you stupid ditz”*

which triggers

AGGRESSIVE DRIVING ACTIONS

(The Threatening And Intimidating Behaviors We Choose To Do)

e.g. staring/glaring; honking the horn; “flipping someone off;” cutting someone off with your car; tailgating; “brake-checking;” chasing another car; swerving toward someone’s vehicle

which triggers

AN EVENTUAL ROAD RAGE INCIDENT

(The Final Destructive Outcome)

e.g. throwing something at another car; forcing the other car off the road; pulling to the side of the road and getting into a “pushing match” or a fist fight; ramming another person’s vehicle; shooting a gun at someone’s car