

## 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 the traffic flow (e.g. snowstorms, rain showers)  |
| ___ | ___ | Road construction that slows the traffic flow  |
| ___ | ___ | Driving congestion (e.g. during rush hour or at other times) that slows the 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  |
| ___ | ___ | Young drivers  |
| ___ | ___ | Reckless or careless drivers   |
| ___ | ___ | Drivers of a different race  |
| ___ | ___ | Drivers who are combing their hair, looking in the mirror, putting on makeup, or “primping”  |
| ___ | ___ | Drivers who are using their cell phones or texting while they are operating their vehicles   |
| ___ | ___ | Drivers who are eating or drinking in their cars   |
| ___ | ___ | Drivers who are reading, doing crossword puzzles, or surfing the internet 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  |

Past Present

- \_\_\_ \_\_\_ Drivers whose cars are loud (i.e. with blaring/“thumping” stereo systems or sounding like their mufflers need repair work)
- \_\_\_ \_\_\_ Drivers whose cars have dark tinted windows
- \_\_\_ \_\_\_ 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 stoplight
- \_\_\_ \_\_\_ 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 “roll through” stop signs without really stopping
- \_\_\_ \_\_\_ 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)

Past    Present

- |     |     |   |
|-----|-----|---|
| ___ | ___ | 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 in your direction or at your car to “punish” you for something you have done that they don’t like |