

Title:

How To Deal With Difficult People Part 4-The Aggressive Driver When He Is A Loved One

Word Count:

675

Summary:

45 year old John terrorized his family when they were his passengers. He would yell at them if

He would ignore them when they showed signs of discomfort and even seemed to enjoy scaring his

Keywords:

anger management

Article Body:

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John was anything but ^passengerfriendly~ yet he did not see himself as the problem. Statistics

High Cost of Aggressive Driving

According to recent statistics, aggressive driving is at the core of numerous fatalities, inju

Fatalities (425,000 per decade)

Injuries (35 million per decade)

Dollars (250 billion per year)

The cost to the emotional well-being of family members is also very high. Often, family member

Younger passengers may also be affected later in life by being exposed to this kind of driving

Driving Under The Influence

At its root, aggressive driving is caused by poor ability to handle angry feelings. The aggress

Some of the most common are:

- Territoriality. The car is a symbol associated with individual freedom and self-esteem. Our

- Restriction. In congested traffic, you are prevented from going forward. This can lead to fr

- Multitasking. We become irritated at others when we see them driving poorly while talking on

- Poor life planning. We don't allow enough time to get to our destination on a consistent bas

What can you do as a passenger?

While aggressive driving behavior ultimately must be changed by the driver himself, the follow

1. Refuse to passenger with such a person until he or she changes.

2. Share with driver how you feel when they drive aggressively. For example: I feel anxious ab

3. Encourage person to look at their ^driving philosophy~ and to develop more empathy regardin

This honest feedback from loved ones can be a powerful tool to encourage the aggressive driver

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