

Confession of a “Formerly” Aggressive Driver

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Readings:

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Aggressive Driving is Emotionally Impaired Driving

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Abstract

Individualistic and competitive expectations lead drivers to be aggressive and hostile towards other road users. This aggressive frame of mind can generalize to other interactive settings such as the workplace and the family, creating higher stress and greater conflict. Similarly, the more supportive expectations can be expected to generalize to other social settings, creating less stress and conflict, and more satisfaction and calm. Thus, driving psychology is also a health-enhancing practice.

The enormous driving challenge that is facing our society today can become an opportunity for strengthening the community and evolving more humane and compassionate relations. Instead of mutual antagonism, we can express mutual support. Supportive driving styles can help us make peace on our highways, streets and parking lots. We must change, or else we will see an increase of hostile behavior in public places, such as parking lot rage, pedestrian rage, bicyclists rage, air rage, sports rage, neighbor rage, and so on. Let's not go that route! And yet more and more people will be tempted to slide into these dangerous forms of behavior due to social imitation and emotional contagion.

A mind committed to compassion is like an ever full reservoir; a constant resource of energy, determination, and kindness. It is like a seed which, when cultivated, gives rise to many other good qualities such as forgiveness, tolerance, inner strength, and the confidence to overcome fear and insecurity. Therefore the expression of love and compassion should not be limited to one's friends and family. Nor is compassion just the responsibility of clergy, health care or social workers. It is the necessary business of every sector of the human community.

Dali Lama

People are often unreasonable illogical and self-centered.

Forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior motives. Be kind anyway.

If you are successful, you will win some false friends and some true enemies. Succeed anyway.

If you are honest and frank, people may cheat you.

Be honest anyway.

What you spend years building, someone could destroy overnight. Build anyway.

If you find serenity, and happiness, they may be jealous.

Be happy anyway.

The good you do today, people will often forget tomorrow.

Do good anyway.

Give the world the best you have and it may never be enough. Give the world the best you've got anyway.

You see in the final analysis it is between you and God.

It was never between you and them anyway.

Mother Theresa