

## Tips To Avoid Road Rage

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Press release from: [Kraft & Associates, P.C.](#)

Road Rage is a problem all year, but the Holiday season seems to bring out the worst in some drivers. How can you avoid being the victim of an aggressive driver? Dallas personal injury lawyer Robert A. Kraft says three basic guiding principles can help: Don't Offend, Don't Engage, and Adjust Your Attitude.

### 1. Don't Offend

Almost nothing makes another driver angrier than an obscene gesture. Keep your hands on the wheel. Avoid making any gestures that might anger another driver, even "harmless" expressions of irritation like shaking your head. Be a cautious and courteous driver. Signal every time you merge or change lanes, and whenever you turn. Use your horn rarely, if ever. If you and another driver see a parking space at the same time, let that person have it. And if another driver seems eager to get in front of you, say "Be my guest." When you respond this way, after a while "be my guest" becomes your automatic response, and you won't be as offended by the rudeness of other drivers.

### 2. Don't Engage

One angry driver can't start a fight unless another driver is willing to join in. You can protect yourself against aggressive drivers by refusing to become angry at them. If you're tempted to retaliate against another driver, think about the results your angry actions could cause. Then cool down and continue your trip.

Give angry drivers lots of room. A driver you may have offended can "snap" and become truly dangerous. If the other driver tries to pick a fight, put as much distance as possible between your vehicle and the other car. Do not under any circumstances pull off to the side of the road and try to settle things "man to man." Do not drive to your home.

### 3. Adjust Your Attitude

Do you allow the shortest possible time for a trip, and then race the clock? If something slows you down, do you get angry? The solution: Allow more time for your trip. Listen to soothing music or a book on tape. Practice relaxation techniques, such as deep breathing. You'll arrive much calmer, and in a better frame of mind.

This is an abbreviated version of an article from the Web site [www.kraftlaw.com](http://www.kraftlaw.com). Mr. Kraft also maintains a Personal Injury and Social Security Disability blog at [www.pissd.com](http://www.pissd.com). He can be contacted at (800) 989-9999 or at [rkraft@kraftlaw.com](mailto:rkraft@kraftlaw.com).

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