

ROAD RAGE SAFETY TIPS

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Ways to Avoid Road Rage in Your Car

Between other people not paying attention and heavy traffic, driving can be frustrating. But it's important to stay in control of your emotions behind the wheel. Here are some tips to help you avoid succumbing to aggressive behaviors.

- **1. Give yourself time to get where you're going**
Before you ever get behind the wheel, create realistic expectations about your travel. If you need to be somewhere at a specific time, make sure you factor in expected traffic or possible delays, advises [DefensiveDriving.org](https://www.defensivedriving.org). Planning and setting proper expectations can reduce your future stress and frustration levels.
- **2. Don't drive while experiencing intense emotion**
 - **If you had a frustrating day at work or got in a fight with a dear friend, you might not be in the best headspace to get behind the wheel, according to [DefensiveDriving.org](https://www.defensivedriving.org). If you're already angry or upset, don't drive. Put off non-essential trips until you calm down. If you have something scheduled that you can't miss, ask a friend or family member to drive, or consider calling a rideshare service or taking public transit.**

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- **3. Build positive driving habits**
 - **Don't speed through traffic or weave between vehicles. Avoid cutting other drivers off and making rude gestures or remarks. The [Federal Highway Administration](#) says these behaviors are some of the most dangerous.**
- **4. Only use your horn if necessary**
 - **Car horns are just one small hand movement away, but they're primarily designed for emergency use. Lay off the horn and show them a little grace, says the [Commercial Vehicle Safety Alliance](#).**
- **5. Be understanding of other drivers**
 - **Before you allow your frustration to build, try putting yourself in the other driver's seat. Chances are, you've accidentally sat at a green light for a few seconds or forgotten to signal ahead of a lane change. If you remind yourself that other drivers aren't perfect or out to get you, it can help prevent you from responding aggressively, according to [Aceable](#).**

Ways to Avoid Road Rage from Other Drivers

You can only control your own behavior and driving decisions, but you can drive defensively and take specific actions to keep yourself safe from other angry drivers. Here are some best tips for when someone around you is acting recklessly.

- **1. Remove yourself from the situation**
 - The [California DMV](#) stresses it's important to avoid drivers exhibiting dangerous behavior however you can. Dangerous behavior includes tailgating, aggressive braking or swerving. Create distance between yourself and the aggressive driver by getting over to let them pass or slowing down and watching them speed off into the distance.
- **2. Ignore them if they're being rude**
 - Ignore angry gestures, advises the [Texas Department of Insurance](#). You don't want to escalate the situation, and you never know what could set someone off and make them become violent.
- **3. Call for help if necessary**
 - If you're an angry driver's target, call 911 immediately and drive to a public location or your nearest police station, says the [Seattle Times](#). Even if an aggressive driver is only targeting one vehicle, they're a threat to everyone on the road. Calling the police helps ensure everyone's safety.
- **4. Apologize after a mistake**
 - No driver is perfect, so always apologize when you make a mistake. If you inadvertently proceed without the right of way or get too close to the car in front of you, a friendly wave and smile can help keep everyone calm, said Andy Pilgrim (Traffic Safety Education Foundation) in a [CNN interview](#).