

*Thinking
Driver*
"it's all about attitude!"

Tailgate Topics & Tips



Tailgate Topic #13 - Keep the Big Picture in Mind



Taking chances and risks are almost always justifiable....in the moment.

If we are late for a meeting we may speed or run yellow lights to save time. If we get frustrated by heavy traffic, construction or other hold-ups we may make abrupt and aggressive moves to try and worm our way through. If we don't like how someone drives or if they cut us off, we may retaliate by tailgating or cutting them off to 'teach them a lesson'. Doing these things may get us what we want in the moment. We may save enough time by speeding or running yellow to get there on time. We may actually manage to get through heavy traffic faster by lane hopping and bullying our way through (unlikely though) or we may experience that rush of victory when we retaliate against that other lousy, inconsiderate driver.

The Question for this Meeting:

How many other risky driving actions or behaviours can you imagine or have you done on impulse "in the moment" that you wouldn't normally do?

Answers could be:

- Didn't bother with the seat belt 'just this time'.
- Tailgated to hurry someone up.
- Slowed right down to punish the tailgater behind you.
- Swerved to change lanes without warning or a proper signal.
- Used your cell phone because the call was really important.
- How many others?



In some cases, taking risks is indeed justified, but when these risks are driven emotionally by the need for instant gratification or satisfaction without consideration of the potential long term consequences, the result may cost you more than you would agree to pay if you had thought about it in the first place.

It's good to think about what is really important in our lives during moments of frustration and stress and ask ourselves before we act, "*Will this help me get more of what I REALLY want and value in life or will it COST me what I really want?*"

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Get the 'clean' video for your meeting by visiting the **Thinking Driver** website at www.thinkingdriver.com/thinking_driver_tailgate_topics.php Navigate to bottom of the page to 'Order the professional version of Tailgate Topics and Tips' and choose **Download order Form** get the order form and fax/email to Thinking Driver @ kristy.gittens@thinkingdriver.com. We will send you a link to the non-watermarked video.



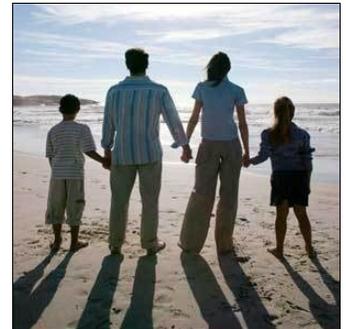
Tailgate Topics & Tips



What is really important to you long term compared to in the moment?

Answers may be:

- Health and well being
- Respect of others
- Keeping my Driver's License
- Financial security
- Job security
- Family and the ability to provide for them
- Self-respect
- Other?



How many impulsive and risky driving actions that are done in the moment can you think of that will also enhance the chances of getting more of what you *REALLY* want and *VALUE* long term? Few, if any.

When we allow ourselves to react impulsively without considering the possible long term consequences, we may end up trading in our future goals and happiness for a chance at the momentary satisfaction that impulsive driving actions give us.

Tailgate Tips:

- When you are frustrated and driving, ask yourself how important this situation is in the **BIG PICTURE**. Will you even remember or care about it tomorrow?
- Before acting impulsively, ask yourself if this action will increase your chances of getting more of what you **DO** want in the long run or will it possibly result in something that you **DON'T** want.
- Think about the things that are important to you and that you are grateful for; things that you would not like to lose. This puts the minor irritations of daily driving into perspective.



Practical Challenge:

- As a group, discuss what common pet peeves can encourage impulsive, risky driving.
- Choose one, each, to work on for this week.

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Spencer McDonald is the president and founder of Thinking Driver, a driver training and development company in Surrey, B.C. Spencer's formal education is in psychology and motivation, and has brought these fields together with road safety and education to develop attitude-based driver safety programs.

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