

Road Rage Diary

# Examine attitudes, behaviors, and traits to avoid road rage

Supplies: Driving diary.

Instructions:

Keep a Driving Diary.

**Option 1**

Take notes of the drive, recording how you felt, any poor behaviors you or others made. This can be done after each drive.

**Option 2**

Record commentary driving. Listen to it later to see if you displayed any signs of road rage. Note whether you remember any and/or all of the behaviors demonstrated during the drive.

**Option 3**

Have driving partner tell you how your driving makes them feel, comfortable or uncomfortable.

This driving diary will help you assess whether you are in reality or fantasyland regarding your potential for road rage.