

appointed Road Monitor!"

There appears to be various reasons for extreme rage. Some people who have a prior history of 'blowing their top' might have mental disorders, assaulting others or destroying property owing to rage. There are also those with antisocial personalities, or who abuse drugs and alcohol, or it may simply be your everyday motorist who is psychologically ripe for road rage.

There is absolutely no point in antagonising any one of these people - no matter what right you think you might have. It is just not worth it!

As motorists we all have a responsibility and numerous opportunities to cool the emotional temperature on the roads. Every small act of road courtesy, of giving way, a smile or a gracious 'thank you' in a wave of the hand,

or making positive eye contact before you join a line, contributes to harmony

Defensive driving is more than just a mental attitude. There are specific techniques that might assist the motorist to avoid creating a road rage incident; while there are guidelines as to what course to take should one be on the receiving end.

ArriveAlive.co.za

An educational website has been developed by Advocate Johan Jonck. To find out more, please visit the section 'Safe driving Techniques' at www.arrivealive.co.za.

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Cool it, buddy

Road rage and how to avoid it...

THE number of reported incidents of road rage has been on the increase the past few years. It has become so serious that the issue is being investigated by several teams: the Medical Research Council; the Accident Research Centre at the University of Natal; and, the department of Psychology at the University of Cape Town.

Road Rage has been described by clinical psychologist Sally Davies as a social problem that appears to be increasing all over the world along with traffic congestion and the levels of attendant frustration. It occurs when people who are already vulnerable to aggressive outbursts are led to attack total strangers.

She says that from behind the wheel, it is so easy to personalise relationships on the road. "We find ourselves in a position of power and safety, free to insult other drivers verbally, make moves that restrict or obstruct them, make aggressive gestures with hands, flash our lights, sound our horns, or otherwise act out fantasies of being 'in charge' - as if we had been

