

Behind the Wheel

Cool down what happens to you in traffic, before it costs you something.

WHEN TO USE THIS

Use this after a drive where you shouted, tailgated, or scared yourself.

What happened on the road? Write it plainly, start to finish.

How close did it come to something you would regret?

0	1	2	3	4	5	6	7	8	9	10
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Not close

Far too close

What were you in a hurry for? What was waiting at the other end?

Say the real reason, even if it sounds small.

Set up the next drive. Four things you will do before you turn the key.

Leave ten minutes earlier. Pick the music. Phone out of reach.

1.

2.

3.

4.

A car makes anger fast and heavy. Anything that slows you down before you start is worth it.