

## Anger Management

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What happens when we get angry? We are taking things personally. Let's take road rage – or the lesser version of just getting frustrated or angry at the other drivers. When someone cuts me off in traffic, I sometimes get mad at the driver. I can hear myself saying, "That jerk!" But when I look at the situation and put myself in that driver's place, I can see that perhaps he just wasn't aware that I was there...we all get caught up in our thoughts when we drive, not really being present. He could also be in a hurry – we are all so in a rush these days and our thoughts are just on getting there as fast as we can. It's not that he is thinking, "Oh, here's Joyce, I'm going to cut her off." But we take things so personally that we get mad at the person.

Another situation is when a driver won't let me in. I get frustrated. "Really, what will just one more car in front of you do to you?" I exclaim. Then I think of the times when I haven't wanted to let another driver into my lane. What were my reasons? It's usually that I am frustrated with all the traffic and, no, I can't let just one more car in! Other times it's because I'm in a hurry. So I don't let the driver in, only to find that a few minutes later we are both in the same position at the stop light! I'm sure there are many times when I'm not even aware that another driver wants in my lane. My attention is diverted elsewhere – either caught up in my thoughts, involved in a conversation, or listening to the radio.

I invite us all to take a step back from our frustration and anger when driving and realize that none of it is personal. Each of us do these things to other drivers too. See the situation with the eyes of compassion – knowing that, before you get to your destination, you will probably do the same thing to another driver, whether you are aware of it or not. This attitude of compassion will help us manage our anger.