

# **Lesson 1. Anger Behind the Wheels**

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## Learning Objectives

**After this lesson, students will be able to:**

- Discuss quotations about driving.
- Define anger and road rage.
- Justify a stand on a driving-related issue.
- Complete sentence with useful expressions related to anger.
- Define vocabulary from an audio using context clues.
- Determine the positive side anger and the ways to manage it.
- Recognize and discuss various road symbol signals.
- Give directions following proper grammatical structures.
- Identify and correct errors found in sentences.

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## Quotations about driving

The best car safety device is a rear-view mirror with a cop in it.  
~Dudley Moore

Any man who can drive safely while kissing a pretty girl is simply not giving the kiss the attention it deserves. ~Albert Einstein

Leave sooner, drive slower, live longer. ~Author  
Unknown

Road sense is the offspring of courtesy and the parent of safety. ~Australian Traffic Rule

You never really learn to swear until you learn to drive. ~Author  
Unknown

All in favour of conserving gasoline, please raise your right foot. ~Author  
Unknown

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## In a nutshell

**Anger** is an emotion characterized by **antagonism** toward someone or something you feel has deliberately done you wrong. Anger can be a good thing. It can give you a way to express negative feelings, for example, or motivate you to find solutions to problems. But excessive anger can cause problems. Increased blood pressure and other physical changes associated with anger make it difficult to think straight and harm your physical and mental health.

**What does road rage mean?** The term **Road Rage** was coined by local news station KTLA in Los Angeles after a string of shootings occurred on several freeways in the city. The National Highway Traffic Safety Administration defines road rage as when a driver "*commits moving traffic offenses so as to endanger other persons or property; an assault with a motor vehicle or other dangerous weapon by the operator or passenger of one motor vehicle on the operator or passengers of another motor vehicle*".

Sources: [Anger and Aggression \(apa.org\)](https://www.apa.org)

[What Causes Road Rage | Road Rage Defined | How to Deal with Road Rage \(safemotorist.com\)](#)

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## Debate: Should road rage be a crime?



### Yes it should be

Yes, it should be especially if it ends up to the degree of a person confronting the other person and almost killing them or shooting at them and putting other drivers in a high risk of accident or death even. So it should be considered a crime and the person should lose their license.

### Road Rage should be a crime

Road Rage should be a crime. I'm defining road rage as aggressive and or reckless driving, violence and a host of other behaviours committed while behind the wheel. In most cases these actions are already recognized as crimes. I don't think though that driving while being upset at bad traffic could ever be considered a crime.



### No . . .

Road rage is definitely bad but its hard to tell when someone is angry or how angry they are. Its also not fair to make someone catch a cab just because the are feeling aggravated, obviously that would not help their situation. Next thing you know it will be illegal to be angry at all around people.

### Road Rage not a Crime

Road rage itself shouldn't be a crime. It's a feeling. However, what you do because of road rage, shoot someone out the car window, ram into another car, throw something at someone in another car, those things are crimes. How you feel shouldn't be a crime. Certain actions are crimes, especially when done in traffic.

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## Complete the sentences.

1. I've had enough of ....., so **just cut it out!**
2. I can't concentrate with .....- it's **driving me up the wall.**
3. Charlie **blew a fuse** yesterday when .....had been .....
4. Liz, please, **get off my back!** You've been ..... about my ..... all morning!
5. .... is politics - give it a rest ... please!
6. The teacher gave Jeremy a **tongue-lashing** when ..... for the third time.
  1. My dad **went ballistic** when he saw ..... after the barbecue.
  2. The population was **up in arms** over ..... of the old theatre.
  3. I worked ..... and my boss **bit my head off** for not doing my share of the work!
10. **For crying out loud**, turn ..... off!



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## Keen Listening

Take notice of the following vocabulary in the audio. Talk about your comprehension of each if you are familiar with them. While listening, jot down notes on how the each vocabulary is defined, used and connected to topic presented.

in-car satellite  
navigation

behind the  
wheel

clogged up

motorists

put it this way

losing their cool

affirmative

ticked off

mutual gaze

fan the flames

nerves are  
frayed

collision

condone

Identify what part of speech each  
vocabulary is.

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## Listening (1.1) *Radio Program: Road Rage*

1. Give examples of road rage mentioned in the audio.
2. What is set to be discussed in the program after the topic road rage?
3. Who is Neil Adamson?
4. Adamson mentioned a survey and its findings in the interview. What was the survey all about and what are the findings?
5. What was mentioned by Adamson to be contributing to the increase of road rage in the US?
6. What was his response when asked about what can be done in the way of driver education to be tried in order to combat the problem?
7. Discuss Adamson's final advice on road rage in your own words.



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How many can you identify?



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## Reading: *The Right Way to Get Angry*

*Anger is a tool that helps us read and respond to upsetting social situations. But how can you stop it from getting out of hand?*

Anger is in itself neither good nor bad—it's what you do with it that matters. Anger is best viewed as a tool that helps us read and respond to upsetting social situations. Research overwhelmingly indicates that feeling angry increases optimism, creativity, effective performance—and research suggests that expressing anger can lead to more successful negotiations, in life or on the job.

In fact, repressing anger can actually hurt you. Dr. Ernest Harburg and his team at the University of Michigan School of Public Health spent several decades tracking the same adults in a longitudinal study of anger. They found that men and women who hid the anger they felt in response to an unjust attack subsequently found themselves more likely to get bronchitis and heart attacks, and were more likely to die earlier than peers who let their anger be known when other people were annoying.

When anger arises, we feel called upon to prevent or terminate immediate threats to our welfare, or to the well-being of those we care about. Altruism is often born from anger; when it comes to mobilizing other people and creating support for a cause, no emotion is stronger. It's a mistake to presume that kindness, compassion, love, and fairness line up on one side of a continuum, and anger, rage, and dislike, on another side. Positivity alone is insufficient to the task of helping us navigate social interactions and relationships. A healthy society is not an anger-free society.

Caution around anger is certainly smart, as is the knowledge that it should not be overused, or used with everyone. With these reservations, the expression of authentic anger can be entirely appropriate with certain people in certain situations. The question is how you do that without letting it go too far. What is the right way to get mad?

Source: [Who is More Successful Introverts or Extroverts? \(introvertednetworker.com\)](http://introvertednetworker.com)

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## How to manage anger

When you want to express anger, or any negative emotion, one way to do so is to start with what we call the “discomfort caveat.” Let other people know explicitly that you are experiencing intense emotions and because of this, it is more difficult than usual for you to communicate clearly. Apologize in advance, not for your emotions or your actions but for the potential lack of clarity in how you convey what you’re about to say...

First, we want to discourage you from making self-statements that push for trying to control or avoid anger, such as “I need to get rid of my anger,” or, “Why can’t I be less angry?” Second, slow the situation down. Our initial tendency is to jump into a situation and act immediately, especially in cases where our blood is boiling...

## Setting speed limits

Psychologist John Riskind, an expert in helping people with seemingly uncontrollable emotions, has come up with techniques for slowing down the speed of threatening events.

Riskind has found that the experience of anger is not as problematic as the belief that the sequence of events triggering that anger is accelerating, that the danger is escalating, and the available window for taking action is quickly disappearing. This sense of impending danger pushes people to do something that might stop the immediate threat but in the longer term will make the situation worse (such as punching the person who cut you off in line at the grocery checkout).

In the end, most prejudices against negative emotional experiences arise because people conflate extreme, overwhelming, problematic emotions with their more benign cousins. Anger is not rage. Anger can be a beneficial source of emotional information that focuses attention, thinking, and behavior toward a surprising number of effective outcomes.

Read the full article here: [https://greatergood.berkeley.edu/article/item/the\\_right\\_way\\_to\\_get\\_angry](https://greatergood.berkeley.edu/article/item/the_right_way_to_get_angry)

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## ANSWER THE QUESTIONS

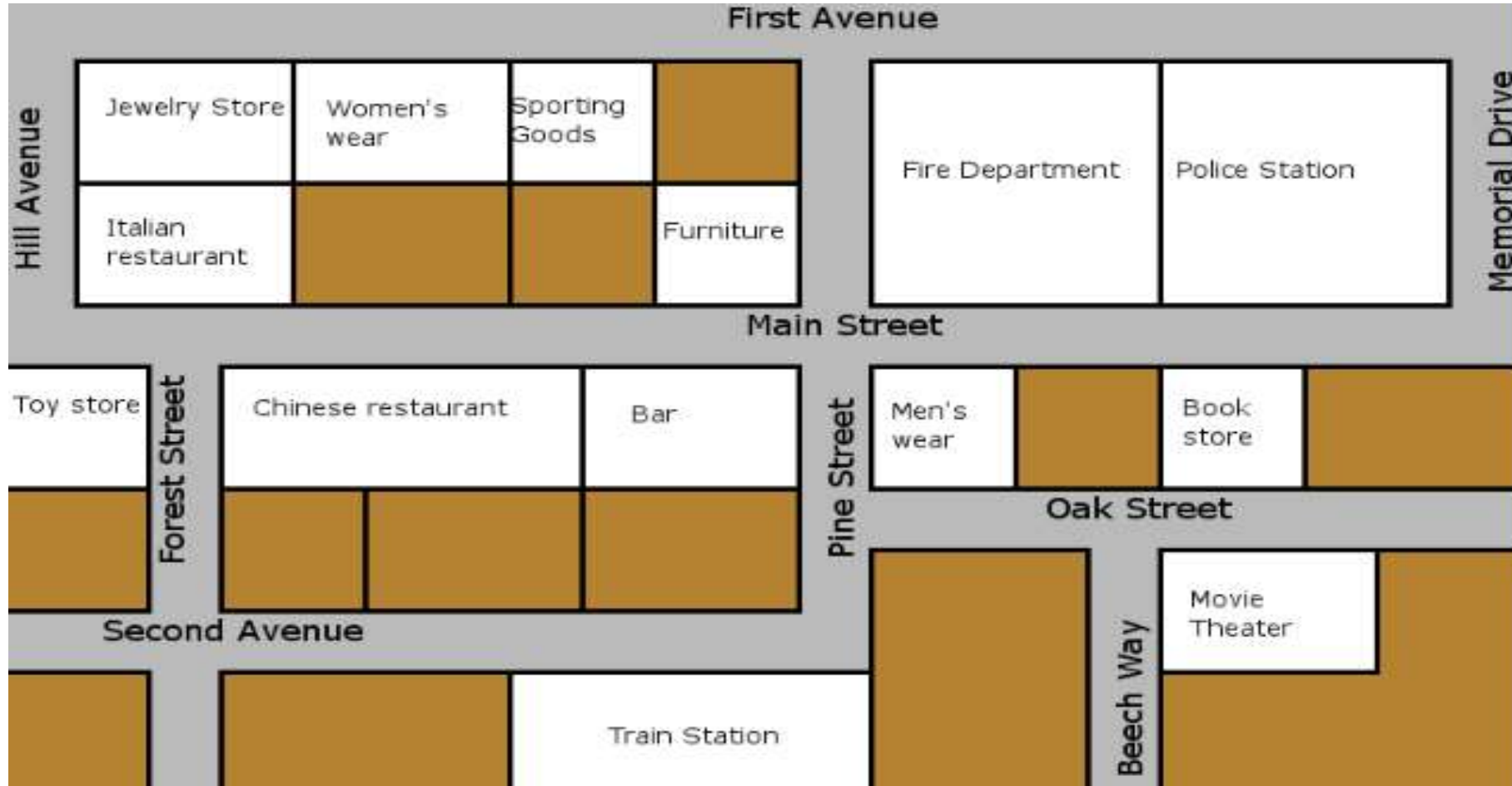
1. According to a research what does the feeling of being angry increase and what does it suggest about its effect on negotiations?
2. Describe what “discomfort caveat” is.
3. Provide an example on you can slow the situation down when you’re feeling agitated.
4. Discuss how the “anger speedometer” works.

## VOCABULARY

- A. coming after something in time; following.
  - B. hopefulness and confidence about the future or the successful outcome of something.
  - C. to confer with another so as to arrive at the settlement of some matter
  - D. the belief in or practice of disinterested and selfless concern for the well-being of others.
  - E. causing someone to lose their dignity and the respect of others.
  - F. a continuous sequence in which adjacent elements are not perceptibly different from each other, although the extremes are quite distinct.
  - G. a warning or proviso of specific stipulations, conditions, or limitations.
  - H. reach inside a receptacle and search for something.
  - I. dispute or bargain persistently, especially over the cost of something.
  - J. diligent, thorough, and extremely attentive to details.
1. negotiate (v)
  2. Altruism (n)
  3. continuum (n)
  4. caveat (n)
  5. subsequent (adj)
  6. optimism (n)
  7. haggle (v)
  8. delve (v)
  9. scrupulous (adj)
  10. demeaning (adj)

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Give directions where your teacher would ask about.



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## Guess the words.

1. F..... is a wide street where the traffic goes fast.
2. B..... put on your seat belt
3. L..... division of roads and highways
4. H..... an informal way to say “going to” or “traveling to”
5. O..... means the engine is getting too hot.
6. C..... it means the other car suddenly drives in front of your car
7. P..... means to stop at a store or station to use the bathroom and/or buy food and drinks.
8. S..... it means to stop the car suddenly, in the case of an emergency.
9. S..... to drive the car slower
10. S..... to drive the car faster
11. B..... the yellow or orange lights on the sides of the car that indicate a left or right turn
12. M..... that means to move from one lane to another.
13. B..... a person in the car who is not driving, but who criticizes the driver’s abilities or who makes lots of suggestions and gives lots of tips for the driver to improve.
14. T..... to drive too closely behind the vehicle in front
15. C..... when someone pulls into your lane in front of you at a closer distance than you are comfortable with
16. R..... to pass through an intersection while the traffic light is red without stopping

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Identify the errors in each sentence and modify to make it correct.

A

B

C

D

E

1. The traffic is bumper to bumper from the Midtown Tunnel out of the way out to exit 17 on the Turnpike.

A

B

C

D

E

2. Earlier today a man arrested for attack a motorist in a road rage incident.

A

B

C

D

E

3. The car breaking down at rush hour could cause gridlock across half the city.

A

B

C

D

E

4. The cars isn't moving. What's the hold up?

A

B

C

D

E

5. It was an complete maelstrom this morning.

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A B C D E

6. The cars were park nose to tail down the street.

A B C D E

7. Traffic is caused a bottleneck on I-75.

A B C D E

8. Congested roads is normal on holiday weekends.

A B C D E

9. We got stuck in a traffic jam, which make us twenty minutes late.

A B C D E

10. During the evening rush hour it were often solid with vehicles.

A B C D E

11. The traffic was snarled up in both directions for two miles because of the accident.



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1. Have you ever witnessed road rage?
2. What kind of things annoy you about other people's driving?
3. Have you ever been in or witnessed a car crash?
4. How do you think countries can reduce congestion on the roads?
5. Is the public transportation in your city efficient? Expound your answer.
6. How could public transportation in your city be improved?
7. What are the merits and demerits of 1. public transportation, 2. driving your own car?
8. What is your initial response when someone is angry at you?
9. Tell about a time when your or (someone you know) anger was out of control.
10. What are the common reasons why the following people get angry:  
1. teacher   2. parents   3. children   4. boss   5. employee
11. How do you express your anger at someone?
12. What are possible the effect of suppressing intense emotions like anger?

**The End**