

Underlying Emotions, Feelings & Meanings of Aggressive Driving Behaviour

The diagram features an iceberg floating in a blue ocean. The tip of the iceberg, which is above the water line, is labeled "Seen or Experienced Aggressive Driving Behaviour". The much larger part of the iceberg, which is submerged below the water line, is filled with various emotional states and feelings. To the right of the iceberg, a text block explains that the visible behavior is often not the driver's intent and that they are usually unaware of it. To the left, another text block states that aggressive behavior is typically the result of other emotions and perceptions. The logo for "DRIVER ASSESS" is located in the bottom right corner.

Seen or Experienced Aggressive Driving Behaviour

The behaviour we see or experience on the road is usually not be the *intent* of the driver. The driver is most often unaware of his behaviour(s)

Hostile Scared Oversensitive Insecure
Frustrated Anxious Overwhelmed Helpless
Disgust Resentful Miserable Offended
Attacked Grumpy Uneasy
Confused Annoyed Stressed Worried
Impatient Hesitant Bullied Arrogant
Irritated Sullen Wronged Uncertain
Desperate Threatened Disdainful
Controlling Panicked Stuck
Disrespected Offended
Annoyance Superior
Stressed Anger
Distrust

Aggressive behaviour is usually the outcome of other emotions, feelings or the meanings we give events or perceived actions of others.

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