

TRANSPORTATION MANAGEMENT

Revised 2/15/11 V1.0

DISOBEYING TRAFFIC RULES COACHING TOPIC

The Issue

What does it mean to disobey traffic rules? It could mean that you failed to observe a posted traffic sign. It could mean you failed to follow some specific directional device (such as a traffic light, or change lane arrow). It could be you failed to follow the rules being established by some law enforcement officer. It could be you failed to slow down in a construction zone, or it could be a failure on your part to follow any number of other traffic rules that have been established to protect you and other motorists while on the roadway.

Our Concern

Occasionally, we all make mistakes and fail to observe or follow directions. But it was unintentional. We didn't mean to do it. However, when we have been observed making the same action multiple times, then it is time for us to consider this not as a mistake but as a potential problem.

Failure to obey traffic rules can be the result of an attitudinal problem. We just don't agree with the rule...so we are not going to follow it! Is this a problem? It could be if our failure to follow the rule creates a potential hazard for others. Are we a hazard if we fail to observe or disobey the rules? The answer to these questions is usually...Yes!

Our attitude plays a major role in our actions. Webster defines attitude as "a manner of acting, feeling, or thinking that shows one's disposition, opinion, etc." Attitude controls much of what we do. Therefore, we must constantly resolve to control our attitude.

If we are choosing to disobey traffic rules, we have probably chosen to have an "attitude" about them. In this case, our failure to obey is the result of a poor attitude. We don't care what the consequences of our "attitude" might be to ourselves or to others. This attitude is a concern.

A Solution

How can we change our attitude? Usually this is accomplished through positive experiences. Good things need to happen as a result of the change we have chosen to make in our attitude. Hopefully we can be recognized in a positive way for our efforts. Try some of these actions to see if it will improve your attitude:

- Take a few deep breaths...relax
- Smile...let others see you being happy

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- Be Courteous...Let others go first.
- Be Friendly ...and wave to others
- Try obeying the rules...see if it helps or hurts you to do so

TAKE CONTROL OF YOUR ATTITUDE