

Q2e Listening and Speaking 1 Unit 4 Test A and B Audio Script

Good morning and welcome to Road Stories: your weekly update on driving and motor sports. This week, our topic is that old favorite, road rage. Maybe you're a cabbie or a professional truck driver. Maybe you commute to work every day by car. Whoever you are on the road, you've probably seen road rage before. Or maybe you found yourself getting mad and you've done something you felt terrible about later. There's certainly something about driving that encourages rude and aggressive behavior, often when it's quite out of character. Indeed, a new study by etiquette expert doctor Rudy Hughes states that on the road people are 45 percent more likely to lose their tempers and a shocking 76 percent more likely to break the law. And here's a frightening number. If you're angry, you're 42 percent more likely to get involved in an accident on the road. Our highways are a dangerous place.

So how can you protect yourself? Based on Doctor Hughes's research, here are the 5 most useful things you can do to avoid getting involved in a road rage incident. The first solution is to laugh. This may sound crazy, but let me assure you that laughter helps. It changes your breathing, helps you to relax, and gives you an opportunity to see the funny side of the situation. People often act like children when they're behind the wheel and smiling at this is a lot easier than you think. Just because another person is behaving aggressively, it doesn't mean you have to, too.

Number two is to pay attention to something else. Obviously you can't read a magazine or make calls on your cell while driving, but you can turn on the radio. Focus on that and let the other driver worry about getting mad.

The third suggestion is to think about your own driving and not automatically blame other people on the highway, especially if you keep finding yourself in this type of stressful situation on the road. Maybe part of the problem is how you drive. This is perhaps the hardest thing to do, but by understanding how your driving looks to others, you'll find it's a lot easier to stay calm and polite.

Number four is to protect yourself against people with a violent attitude. This is probably the most dangerous one to get wrong. Don't make eye contact. For many angry people, looking at them is a challenge. If it's you who's beginning to get mad, seeing the other person is going to make things a lot worse. Don't go there.

And finally, our 5th suggestion is really the thing you should do first, and that's to stop the situation from developing. Look out on the street for things that are likely to annoy you and think of quick and easy ways to avoid them. You have someone driving too close behind you? Move over and let them pass. If they want to drive too fast it's their problem, but it doesn't need to be yours. I think that's the main message from the research-- that road rage just doesn't need to happen. Follow this advice, and maybe it won't.