

## Can a driver be emotionally intelligent behind the wheel?



**Yes, they can.** Emotional intelligence is one's ability to recognize their own emotions, control them, and use them for their own benefit.



## How can I use the emotional intelligence while driving?

The first step for a person to become emotionally intelligent is to be aware of their own feelings, that is, recognize their own emotions. Stop for a moment and try to understand what disturbs you in that situation. **(Self-awareness).**

By being aware of your feelings, you can control your impulses, your rage, or any other negative feeling that may affect you while driving. Take a deep breath and let go of this negative feeling. Do not hold on to it and do not react. **(Emotional regulation).**

On the other hand, if we are motivated, our positive emotions guide our actions towards our goals. While driving, a positive goal may be to get home safe in order to meet our family and friends. **(Motivation).**

Every time we use our ability to feel and understand what is going on with someone else, we are putting ourselves in their shoes. We are using our empathy. While driving, if you understand others' mistakes, if you do not get angry because of them, if you yield to pedestrians and are kind, you are putting the emotional intelligence into practice. **(Empathy).**

The last step is the interaction with other people, the way we connect with others. The way you do that can make a difference. A driver can make another driver or a pedestrian feel more annoyed, more violent, or more grateful according to the way they act and connect with them. **(Interpersonal emotional regulation).**

Acknowledging our emotions, controlling them, and using them correctly helps ourselves and other road users.

You can learn how to be emotionally intelligent.  
An intelligent driver is a save driver!



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