

## What is road rage? 什麼是“路怒症”？

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詞彙：road rage 路怒

We all know driving can be stressful. One minute you're minding your own business and the next someone **cuts you up**. **Manoeuvres** like that can be annoying and irritating, but for some of us, it can make us **incandescent with rage**. So what is road rage, and what things can cause it?

Road rage, simply put, is a sudden burst of anger that **motorists** experience when they feel angered by something another driver, cyclist or pedestrian has done. Road rage can **manifest** itself in several ways, including verbal or physical threats, insults, and even **dangerous driving**. The drivers themselves may feel anxiety and stress, which can cause them to **speed** or **swerve** across the road. Experts like Leon James, a professor of traffic psychology at the University of Hawaii, US, warn that experiencing these moments, especially repeatedly, could be harmful to our health due to the number of stress hormones entering our bodies.

So, what can cause us to experience road rage? Being **tailgated**, **undertaken** on a busy **motorway**, seeing someone **swooping** across several **lanes**, chatting on their phone, or **hogging** the middle lane in front of us are just some of the things that may stress us. And what about **parking**? Someone stealing the **space** we wanted at the last second could **tip us over the edge**! Being aware of what can **trigger** these feelings of rage may be key to controlling it.

So what can we do to keep relaxed? Try driving in a good mood, and if you see a **traffic jam**, just remember that they can't be avoided. And try leaving a little earlier in future. Also, if you see someone who is really angry, try not to maintain eye contact, and don't get out of the car to **confront** them. And if you feel stressed and anxious, try **pulling over** somewhere and resting while you calm down.

So the next time you feel stressed while driving, just remember road rage can happen to anyone – and relaxing a bit when you feel that way may not just make it safer for you, but for others too.

詞彙表

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cut someone up

超車搶到某人前面

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manoeuvre	開車動作
incandescent with rage	大發雷霆，怒不可遏
motorist	開車的人，司機
manifest	顯現
dangerous driving	危險駕駛
speed	(開車) 超速
swerve	(開車) 急轉彎
tailgate	緊隨(前車)行駛，跟車太近
undertake	強行超車
motorway	高速公路
swoop	猛地開過
lane	車道
hogging	占路
parking	停車，駐車
space	車位
tip someone over the edge	把某人逼瘋
trigger	觸發，誘發
traffic jam	交通堵塞
confront	與...當面對質
pull over	停車

## 測驗與練習

### 1. 閱讀課文並回答問題。

1. What is road rage?
2. How can road rage manifest itself?
3. Why can road rage be harmful to our bodies?
4. What can cause road rage?
5. What can we do to avoid road rage?

### 2. 選擇意思恰當的單詞或片語來完成下列句子。

1. One more question and it might tip her \_\_\_\_\_ the edge.

over	up	on	off
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2. Reduce your speed and stop \_\_\_\_\_ the car in front.

hogging	incandescent	tailgating	swerving
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3. He was cautioned for \_\_\_\_\_ on the road.

speeding	motorist	motorway	space
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4. Oh, no! There's a traffic \_\_\_\_\_. I'll never get to work on time now!

plan	ham	spam	jam
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5. Stop \_\_\_\_\_ the middle lane if you're going to drive that slowly!

lane	speeding	hogging	swooping
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## 答案

1. 閱讀課文並回答問題。

1. What is road rage?

**Road rage, simply put, is a sudden burst of anger that motorists experience when they feel angered by something another driver, cyclist or pedestrian has done.**

2. How can road rage manifest itself?

**Road rage can manifest itself in several ways, including verbal or physical threats, insults, and even dangerous driving.**

3. Why can road rage be harmful to our bodies?

**Experiencing these stressful moments, especially repeatedly, could be harmful to our health due to the number of stress hormones entering our bodies.**

4. What can cause road rage?

**Being tailgated, undertaken on a busy motorway, seeing someone swooping across several lanes, chatting on their phone, or hogging the middle lane in front of us are just some of the things that may stress us.**

5. What can we do to avoid road rage?

**There are several things we can do involving remembering problems are inevitable, relaxing when we feel stressed and avoiding conflict.**

2. 選擇意思恰當的單詞或片語來完成下列句子。

1. One more question and it might tip her **over** the edge.

2. Reduce your speed and stop **tailgating** the car in front.

3. He was cautioned for **speeding** on the road.

4. Oh, no! There's a traffic **jam**. I'll never get to work on time now!

5. Stop **hogging** the middle lane if you're going to drive that slowly!