

“What were they thinking”?

**Using Positive Psychology insights to meet
cyclists’ and motorists’ challenges of seeing
one another’s perspectives
in traffic conflicts**



1. Introduction

- What are they thinking?
- The effects negative and positive emotions
- Being in control, cycling skills
- Being in control, visible, predictable
- Being in control, knowing what drivers can see
- Being in control, beating road rage

3. What are they thinking?

- We are all biased
- 6% of riders are MAMILS, half of drivers think MAMIL when picturing cyclists
- One bad encounter can affect one's view of all
- Cyclists are spoilt



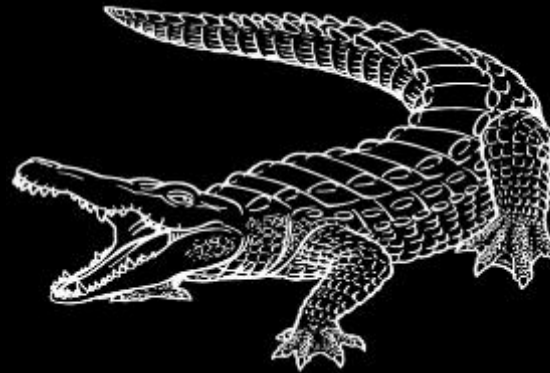
4. Who owns our roads?

- Drivers dominate, the road is theirs
- Roads do not provide queues when drivers meet cyclists
- Mandatory helmet use absolves driver duty of care.



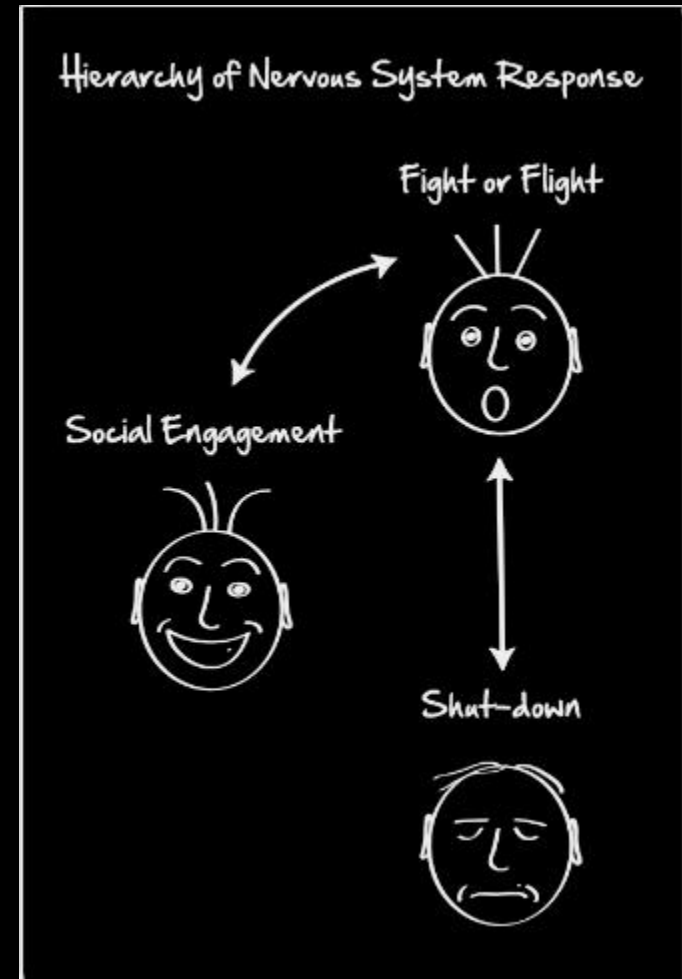
2. What to do?

- Anxiety, anger, fear restrict choices to fight, run or freeze
- Good for emergencies, not for traffic incidents



2. Polyvagal theory

- Social engagement
- Go face to face
- Voice tone



5. Feel good – Do good

- Positive emotions = broaden senses, create solutions, understanding & forgiveness
- Negative emotions = narrow senses, less is seen, cause aggression



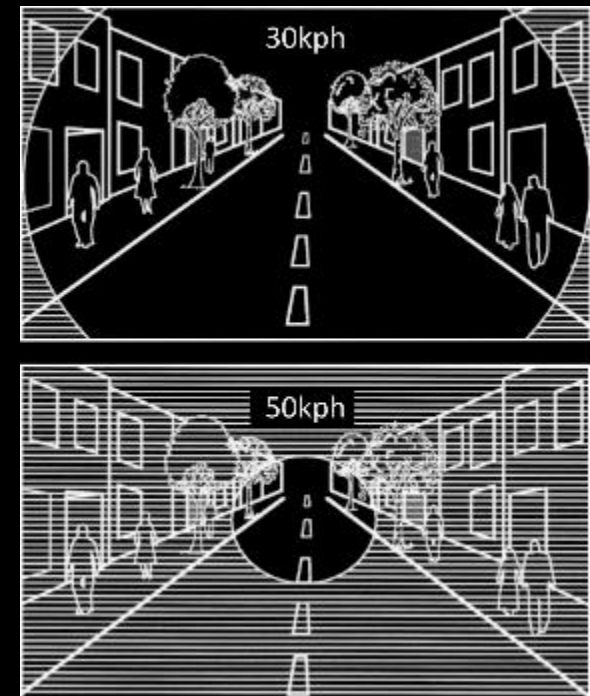
6 Being in control – good cycling skills

- Being able ride where you and when you want
- Ride free of distractions, impairment and stress
- Rejoice in your ability to ride well



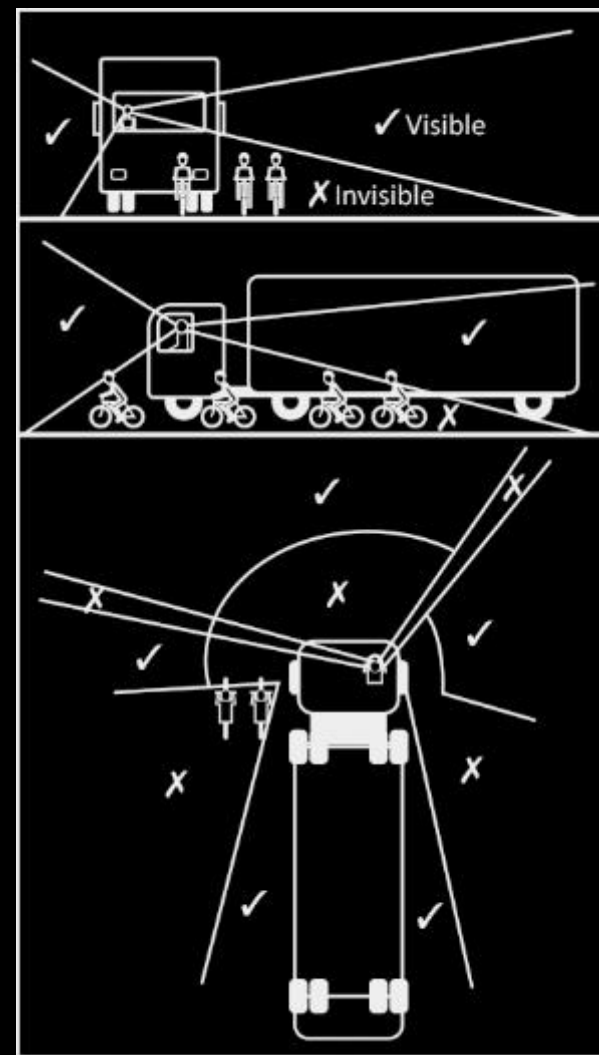
7 Being in control – visible and predictable

- Motorists do not see 1 in 5 cyclists
- Distraction, lack of perceived threat, visual acuity
- Ride to be seen



8 Being in control – know what they can see

- Road design is for driving, not cycling
- Know what drivers can see
- Avoidance strategies, understanding, predicting responses



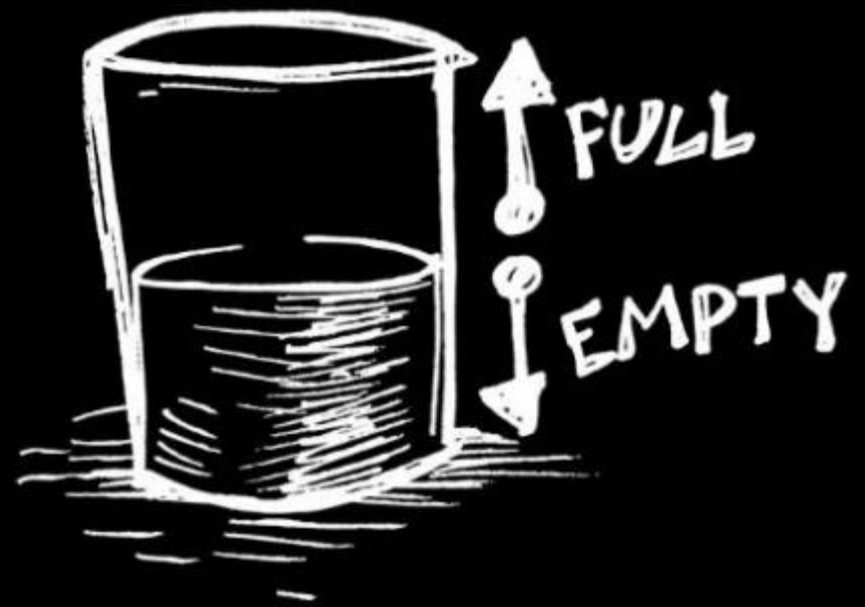
9 Being in control – don't let them wind you up

- We can control our attitude
- Wellbeing and satisfaction = less incidents & rule breaking
- Happiness = good hazard perception



7. Conclusion

- Positive emotions create choices and awareness
- Focus on what we can control
- Engage and do the right thing...with a smile.
- Be a Citizen Rider/Driver



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