

Change the Monster Inside You to a Lifeguard!

At this moment, you either have the 4-second habit, or you don't. If you do have it as a habit you cannot agree with me more on how beneficial it is. You feel perfectly comfortable with that amount of space. However, if you don't have it as a habit, and the less *your separation space is, the more internal resistance you will experience.

There truly will appear to be a monster inside you saying, “you can't keep four seconds; cars will always be cutting in front of you; it will feel like you're going backwards; the car in back will be annoyed with you...” All of these feelings come from your discomfort in doing something that you are not accustomed to.

It is not bad to feel this way. In fact, if you fight that monster within you, and you acquire a new internal value of feeling good with a 4-second separation space, then you have tamed the monster and you now have a lifeguard inside you. The lifeguard will give you the same feelings of discomfort that your monster was giving you, but this time when you start to close in with less than 4 seconds of space, your lifeguard will sound an alert warning you that you are getting into a danger zone. Turn your internal feelings into a tremendous advantage. Don't settle for a mediocre behavior in your habit of separation space!

* We used to call “separation space” “following space.” But, what we want is “separation” from the vehicle ahead and independence from its behavior — not following its actions.

Stay Out of the Inside Lane

While acquiring the 4-second habit, avoid traveling in the inside lanes (fast lanes) of interstate highways. The most aggressive drivers will usually be found there. The far left lane is the “never satisfied lane.”

It doesn't matter what speed you are traveling; there will always be a vehicle on your tail wanting you to go faster. The fact is, you cannot go any faster than the vehicle in front of you without passing it.

Empowerment of 4 Seconds

- Prevents you from being exposed to “critical seconds.”
- Provides you with time to convert from the unconscious state of awareness to being consciously aware of a closure rate.
- Gives you time to become conscious of moments when your closure rate becomes too fast.
- Your eyes can search beyond the vehicle in front.
- Removes the control the front vehicle has over your actions.
- Will eliminate, or minimize, surprises from the actions of the first vehicle.
- Removes the stress that occurs when you are surprised by sudden braking actions of vehicles ahead.
- Makes you more conscious of the disadvantages of keeping a lesser amount of time.

The ONLY difficulty in keeping four seconds is discarding your old habit. Go from “No Way” to “Know-How”!