

Week #6

When You Are Married to a Backseat Driver - The Problem

The definition of a backseat driver is a passenger in a vehicle who is not controlling the vehicle, but who excessively comments on the driver's actions and decisions to control the vehicle.

Backseat driving is the result of a lack of control and the desire to feel safe. Yet, the result is often perceived as criticism, leading to defensiveness in the driver.

Whether you are the backseat driver or the one who is triggered by the backseat driver, putting on the mind of Christ is essential for a peaceful ride. Humility considers what the other person is saying and is open to correction. Humility isn't concerned with its own way and does not jump to unnecessary conclusions (as if an accident is imminent). If you are the passenger, *work on being the passenger!* If you are the driver, *work on your driving!*

Even just taking another's feelings to heart and taking small steps toward a more peaceful ride is a godly response to triggers on the road. Instead of being a backseat driver, make your impulsive interjections take a backseat to gentler ways of communicating.

Next week - When You Are Married to a Backseat Driver-The Solution