

Listen To That Inner Voice
Some call it 'intuition'

Advice like 'listen to that inner voice and ACT accordingly' is not just vacuous new-age metal-physics crystal-gazing stuff.

If you are behind a truck and 'feel' like you should change lanes – change lanes. You may not be aware of why, you may not be aware that you have noticed something wrong, but when part of its load bounces out of its bed and lands on the ground where you would have been had you not changed lanes, you will appreciate that your subconscious mind plays with details that your conscious mind tends to ignore.

If for any reason whatever you feel like you should not ride before you start, don't.

If for any reason whatever you feel like you should end your ride early, end your ride early.

If for any reason whatever you feel like you might not be able to make that hard right to get out of a parking lot and onto the feeder road, STOP and wait for that 'moment' to pass. Wait for your mind to get 'right' before you proceed. How much time have you lost doing that? Not enough to measure. But if you decide to ignore it and then 'freeze' exiting that parking lot, or make an unusually wide turn taking you into an adjacent (busy) lane it will be because you didn't listen to yourself, or (and here is where 'ACT accordingly' comes into play) because you did and it became a self-fulfilling prophesy, very like "target fixation.'

Target Fixation will be next month's safety article.

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