

About Passive Aggressive Behavior

No doubt you have heard about passive/aggressive behavior, but do you know what it is? You need to know, because many narcissists behave in this way.

Passive/aggressive behavior is very sneaky. It makes you wonder if the person acting that way is mad or not. The worst part may be that when you confront the person, they have a plausible explanation for their behavior. This makes you doubt your perception.

Passive/aggressive behavior is deliberately inefficient, quiet in that the person refuses to discuss their needs & avoids responsibility. Some examples of it are as follows.

A passive/aggressive person will do things poorly, & it is something that has happened countless times. Rather than argue, you usually just fix the problem.

Some people are always running behind due to poor time management skills, being forgetful or another reasonable excuse. Passive/aggressive people, however, are different. If they have a punctual partner, you can guarantee that they will run late solely for the purpose of irritating that partner.

Passive/aggressive people love the silent treatment. Rather than saying, "I was upset when you did something.. can we work it out?" they simply stop talking to you. If you try to ask what is wrong, they refuse to admit anything is wrong or they get angry at you for not knowing what is wrong. The silent treatment is designed to make you come crawling to the person & work hard to gain their forgiveness. Don't fall for it!

We've all heard backhanded complements at some point. Passive/aggressive people use them often. Comments like, "Nice hair cut. It really helps hide all that gray hair." or, "I used to have an outfit just like that! I stopped wearing it after high school though." are just two examples of backhanded complements. Sometimes backhanded complements can be hard to spot, so just notice how you feel when someone gives you a complement. Genuine complements leave you wanting to thank the person & feeling good. Backhanded complements leave you feeling offended & even confused wondering what the person who said it meant by their words.

Closely related to the backhanded complements are the fake concern comments. When a passive/aggressive person says, "I don't mean to sound judgmental/insensitive, but..." you can guarantee the next words out of that person's mouth will be judgmental &/or insensitive. This is their way of saying nasty things to you while appearing to be helpful. If you say anything about it, you are going to look like a jerk to anyone who doesn't realize what is happening.

Sometimes passive/aggressive people will "accidentally" destroy or sabotage something important to you. That could be something like "accidentally" spilling red

wine on your favorite white shirt or a coworker "forgetting" to tell you that the project you've been working hard on is no longer due next week, but in two days.

There are ways to deal with passive/aggressive behavior. First, be aware of it. Learn all you can about recognizing it.

Second, set & enforce good boundaries. If your friend is always late, stop waiting on her. Meet her at the restaurant & order without her if she's late. Or, stop hanging out with her at all.

Third, never forget to stay calm at all times. Pretend not to be flustered by their actions. If you show that you are upset, they will do it again & again because obviously what they're doing gets them the desired result.

Fourth, never forget to pray. God will help you to identify & deal with this awful behavior in the most effective ways possible. All you have to do is ask Him to.