

RECOGNIZING PASSIVE AGGRESSIVE PERSONALITIES!

Now, 10 years later, the person who talked and complained is still talking and complaining and still remains in the same position. The person who took the initiative and found solutions has been promoted several times."... Catherine Pulsifer, from "How Valuable Are You?"

WHAT TO KNOW!

- ❖ A Passive Aggressive person seems to actively comply with requests of others but really passively resists them
- ❖ PA is a continuous pattern of negative attitudes and passive resistance to demands and expectations from others for appropriate work, marital, and social behaviors
- ❖ Although it usually begins with adults, PA can be seen in children's behaviors
- ❖ PA people tend to have issues with authority and may have had domineering parents where they were unable to directly express anger or any emotion
- ❖ PA people often use these behaviors as a defense against some form of anxiety and may be unconscious of their impact on others
- ❖ PA is usually expressed in forgetfulness, stubbornness, intentional inefficiency, sullenness, complaining, procrastinating, feeling resentful, blaming others, and hostility
- ❖ People with PA may do what is asked but too late, or they may do it in a way that is useless, or they may sabotage the task as an indirect way of expressing anger
- ❖ PA people can be ambiguous and not give a direct answer to a direct question
- ❖ They may have a fear of intimacy and create arguments to keep others at a distance
- ❖ PA people tend to be envious of others and resent others
- ❖ They have very low self confidence but present themselves as being very capable
- ❖ They may complain that no one understands or appreciates them
- ❖ They look for sympathy from others and beg for another chance, but don't change
- ❖ PA people portray themselves as victims in order to arouse pity and thus be able to manipulate others
- ❖ Friends and family may become enmeshed with PA people in an attempt to help them
- ❖ At work, PA people do not do the task or hide that it was done, call in sick when the task is due, externalize blame on others, and take no responsibility
- ❖ PA people tend to have few friends and attract like minded people
- ❖ In marriages, PA people are often very dependent but respond to their spouses by trying to control them
- ❖ Marriages are often fraught with frustration, arguments, anger, and disappointment
- ❖ PA spouses often make snide and sarcastic comments and may sabotage self improvement goals such as by providing calorie rich foods to a dieting spouse
- ❖ PA people expect their spouses to do their chores and responsibilities
- ❖ They also tend to depend upon their spouses for support and decision making

WHAT TO DO!

- ❖ Recognize and accept that you may actually have passive aggressive behavior by assessing your relationships and the consequences of your behaviors
- ❖ Participate in tasks that develop self confidence and achieve success
- ❖ Learn to be assertive and express your anger directly and appropriately
- ❖ If you believe your spouse is PA, seek marital counseling
- ❖ Seek professional help to identify irrational beliefs and change PA behaviors

WE CAN HELP!

Call us at **954 755-2885** or email us at **DrKimmel@aol.com**.

Joel I. Kimmel, Ph.D. P.A. and Associates
5551 N University Drive
Coral Springs FL 33067