

Title:

How To Deal With Difficult People Part 3 - The Passive Aggressive

Word Count:

672

Summary:

Thirty-three year old Roberto had promised his wife Tina that he would be home after work in t

You guessed it! Roberto did not show up until 8:45 PM-way too late for Tina to attend her meet

Keywords:

anger management

Article Body:

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You guessed it! Roberto did not show up until 8:45 PM-way too late for Tina to attend her meet

Was Tina being unreasonable in her anger? After all, Roberto was helping out a mutual friend.

Yet, he couldn't just forbid Tina from attending, so he handled the situation in an underhande

After all, he could argue, what reasonable person would get mad at someone who was late becaus

The Anatomy Of Passive Aggression

Passive-Aggression is a psychological mechanism for handling hostility or anger in an underhan

Yet, the result is the same-things are sabotaged by the passive-aggressive and it somehow is m

Some common examples of passive- aggressive behavior:

\* When conversing with someone who is angry at you, they leave out important information which

\* Talking behind the back of a coworker in a harmful way- gossiping.

\*Exaggerating the faults of your spouse (behind his or her back) to your parents while maintai

\* Playing dumb or inadequate to frustrate someone or gain advantage. .

\* Upset with your wife's weight, you "affectionately" call her "pork chop" in public in a way

Dealing with passive-aggressive behavior is extremely challenging because a really good passiv

How do you tell? One way to identify it is to look for patterns in someone's behavior - not ju

Three tips to cope with passive aggressive behavior:

Tip #1- Directly confront the behavior and ask if the person is angry at you. For instance, as

Tip #2. Be on guard and don't trust what the person says or commits to. Develop a Plan B. For

Tip #3. Use assertive communication skills to let a person know how what they do affects you a

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