



Passive Aggressiveness: How to Deal With Passive Aggressive People, Cope With Passive Aggression, Confront Aggressive Behavior & Be More Assertive (Stop ... Selfish Controlling & Manipulative People)

By Henry Good

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Passive Aggressive- How to Deal With Passive Aggressive People

This book can help you deal with a passive aggressive person in your life. Passive aggressiveness comes in all shapes and sizes. Whether you are dealing with a passive aggressive husband, wife, co-worker, mother, father, friend, sister, brother or boss, this book is for you.

Passive Aggressiveness: How to Deal With Passive Aggressive People Will Teach You:

- What Causes People to Be Passive Aggressive
- How to Recognize Passive Aggressive Behavior
- How to Deal With Passive Aggressive People
- What the Underlying Cause of Their Aggression is
- How to Handle Defensive People
- How to Deal With Passive Aggressive Family Members
- How to Help Passive Aggressive People Overcome Their Behaviors
- How to Be More Assertive With an Aggressive Person
- How to Effectively Communicate With Passive Aggressive People
- How to Set Boundaries When Dealing With Passive Aggressiveness
- How to Stop Passive Aggression Today!!

Passive-Aggressive individuals share four common traits: They are unreasonable, they are not open to new experiences, they rarely express their hostility directly and they repeat their destructive behavior over time. Passive-aggressiveness is directed toward either a person or a group. If you are dealing with someone like this in your life this book can help you!

Here Are Some More Things You Will Learn From The Book: Passive Aggressiveness

Relating to a passive aggressive individual can be quite a difficult experience. There are moments of frustration, despair, and anger.

Are you playing one or more of the following roles in the relationship? Is it worth doing so?

A: The Passive Sufferer

Indulging your partner's passive-aggression without communicating assertively or setting firm boundaries. The person is the possible trigger in the passive aggressive partner. They encourage more of the undesirable conduct. They also normalize the unacceptable demeanor and reinforce the belief that he/she can take advantage with the subversive behavior and get away with it.

B: The Babysitter/Rescuer

This is when you have become the partner's caretaker and this is done by constantly cleaning up after the misdeeds of the partner. The individual also undoes his or her damage and rescues the partner from being a victim and being in crisis. The possible trigger in the passive-aggressive partner. They also indulge more of the same yet undesirable conduct. The passive-aggressive secretly enjoy being waited on which gives him/her a sense of power. The relationship becomes an unhealthy one of parent taking care of the child and the child taking care of the parent.

C. The Coach and Judge

This is when you have become a critic for your partner. By regularly telling him or her that he or she must improve and change for the better, berating him or her becomes a responsibility. The downside to that is that performance expectations are set to which the person is not likely to respond. The passive-aggressive partner is a possible trigger. You may be inviting the partner to re-engage in his or her past issues unwittingly. Resisting either a domineering environment or strong individual is needed in order to survive. This has become a power struggle.

If you find yourself as any of these three roles, utilize these methods of effective communication. You must learn how to shift from reactive to proactive as well as assert communication techniques, how to say no in a diplomatic manner and set boundaries and come up with relational strategies.

Here are keys to successfully handling passive-aggressive personal relationships:

- Notice Passive-Aggressive Behavior as soon as possible
- Get to Know the Passive-Aggressive History
- Avoid Being the Passive-Aggressive's Trigger

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