

## PASSIVE AGGRESSIVE PERSONALITY TRAITS

The following are traits of individuals who may be defined as Passive Aggressive.

1. Pouts.
2. Procrastinates.
3. Purposeful inefficiency.
4. Stubborn.
5. Drives slowly in the fast lane.
6. General obstructionism – slow getting anything done that someone else asks them to do.
7. Had domineering parent that he/she was afraid to express anger toward, so used these habits to punish domineering parent – either on purpose or without even being aware of doing so.
8. Has a headache whenever mate wants sex.
9. Overly dependent on others to take care of him/her.
10. Lots of buried hostility drives all this behavior. This type of person is unconsciously angry at all authority figures, so it takes a tolerant therapist to help out.
11. Even sabotages him/herself.

If you are living with a passive aggressive mate or child, here is what you can do to have a major impact in helping them. While these suggestions are likely to help, remember that there are no guarantees. You cannot change someone else, only they can decide if they want to change. Also, remember that any change will take time.

1. If you try to tell a passive aggressive person what to do or what not to do it may cause unnecessary stress and conflict. A domineering parent might have caused them to become passive aggressive and by taking on a domineering role you may only make matters worse.
2. You need to realize that the person you are dealing with is passive aggressive and at the same times take steps to protect yourself from their aggressive ways. Realize that they may not follow through on commitments and so it may be best for you not to put yourself in situations where you are depending on them for something truly important. You may also want to be weary of sharing finances or credit cards with someone who is passive aggressive.
3. If a passive aggressive person asks you what to do in a given situation, never tell them because that would be teaching them to be dependent on you. If your suggestion doesn't work, they will blame and shame you. Instead, ask the passive aggressive person to list their options and encourage them to pick the best option. If their choice does not work out, they can not turn around and blame you for the failure. This also may take the fun out of failing for the passive aggressive person.

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