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INTRODUCTION

No matter where you live, language you speak, political alignment, what religion, if any, you believe in... one thing is for sure...You would have encountered someone with Passive Aggression...and if you haven't...maybe that person is you.

In this guide we'll be discussing what Passive Aggressive Behaviour is, its origins, how this disorder affects people's lives and how best to combat it.

This guide is meant to be of use for anyone who is keen on developing a better understanding of PAB, to help/support concerned people to discover various methods for helping others, also, to serve passive aggressive people as a tool for self-help.

Many people are unaware that they could have a passive aggressive disorder; if they continue to lack such knowledge they will continue to live out their lives as though it were normal or even acceptable to be living with this dis-ease.

No one ever attempts to fix something that doesn't appear to be broken, so a good place to start would be to educate yourself about passive aggressive behaviour and then to review your life up until now to be able to determine whether or not your concerns need to be acted on.

However, if your concerns are for someone else then you can use this guide to gain additional insight and knowledge that can help you in creating a strategy for supporting others.

When people understand what passive aggressive behaviour is they will be able to determine the best possible means for coping with this disorder, as well as for providing the necessary support to help others.

It is important to remember that other innocent people will continue to suffer alongside the individual who is a passive aggressive. Loved ones/family, friends and colleagues will all suffer this huge burden, all made considerably worse if nobody knows or understands exactly what they are dealing with.

The home is often where this disorder begins, the onset of passive aggressive behaviour can be the result of various traumatic experiences, but the home environment is often the first place to trace it back to, then schools and other social circles, but home is often where the parents are and if a parent has been raised in an abusive, hostile or disruptive home then the chances are that they carried these behaviour patterns into adulthood, often resulting in their characteristics becoming *learned behaviour* by their own children, unless the passive cycle is met, understood and then broken.

Only then can any person hope to bring about a real and lasting change as a benefit to all.

Psychologists do not diagnose passive aggressive behaviour anymore, so people must be vigilant enough to spot the signs even in the most evasive and convincing passive aggressive.

This guide will inform you of what to look for in yourself or others to determine whether or not you/another is *just*

experiencing few of the characteristics of PAB or if action is needed.

Always remember to seek medical advice too; whilst it is great to arm yourself with knowledge it is always a good idea to hear what a medical professional has to say – it is all knowledge at the end of the day, so don't fear a trip to the doctor. If there's no cause for alarm then they will at least give you the satisfaction of relief and if you do have to make any changes they'll be able to help you as well as providing professional advice or treatment to consider trying, then you can decide what action to take once you've considered all available options. Are you ready? Let's dive in

CHAPTER 1 – PASSIVE AGGRESSIVE BEHAVIOUR EXPLAINED

Passive aggressive behaviour has various traits and levels of disguising the way a person with this disorder truly feels at any given moment.

This type of behaviour is reactive and is identified by non-verbal aggressive actions or reactions. Anger and frustration is bottled up instead of being discussed in a proactive manner and the outlet is often negative, with an indirect method of communicating with others about the way you may be feeling.

Not all passive aggressive people are overt with such actions; others tend to keep a lid on how they feel, hiding the rage until it begins to further annoy them.

Below are some signs to look out for:

- Sudden (violent) Outbursts
- Moodiness/mood swings

- Ignorance
- Anger
- Frustration
- Evading contact – verbal or physical
- Sulking
- Sudden, frequent changes in attitude
- Self-pity
- Procrastination

It is not always easy to recognise when you are in the company of a passive aggressive as most of these individuals can often display a calm and approachable demeanour, making it difficult for others to know or understand what the passive aggressive is really thinking or feeling at any time.

An important thing to note:

Not all people who can relate to the above traits/characteristics are passive aggressive – all humans have experienced most if not all of the above at some stage in their lives, so if you're beginning to worry yourself then take a step back; this does not necessarily mean that you have this disorder.

However, if you find that you can identify with the above and that these characteristics are frequent, then you would be wise to inform your doctor of these occurrences ASAP.

Many relationships suffer due to passive aggressive behaviour. People who suffer with PAB will often lash out indirectly at the people who they're mostly in contact with each day; manipulating others into a situation in which they're powerless understand or resolve because they are not really aware of what the true problem is (hence the 'passive aggressive' causing the confusion), and this addition of frustration from the recipients of the passive aggressive person only adds to an already tense and perplexing situation.

Passive aggressive behaviour is rife within many relationships, the world-over, affecting partners, parents, children and friends.

The PAB will often seek out those people who they're sure will act according to their requests; acting in ways that almost force others to cooperate with their demands, although the truth of the matter is seldom ever clear,

especially when the passive aggressive makes themselves unavailable; lack of communication, mumbling, one worded answers, no eye contact, smashing up property in a show of strength instead of communicating the real issue.

Criticism is another method used to mask any feelings of vulnerability that a passive aggressive might have in order to throw someone *off-scent* so as to hide the true emotions – a form of reverse psychology to throw the internal pain and suffering onto others in effort of further manipulation.

There is difficulty in any sort of rational behaviour from the passive aggressive due to their turbulent emotional activity which causes the outburst with the emotional availability, self-loathing and other destructive patterns.

Hence, why they feel the need to off-load onto another as the tension that is held within becomes too much to bear and so, needs an outlet – which is often an indirect action or attitude.

Passive aggressive behaviour is no longer diagnosable by psychologists, and often becomes a habit if not treated soon enough, which can lead to a person falling deeper into the hole of despair and depression, as well as imposing this disorder onto to other well intentioned folk.

Should you suspect anyone in your family or social circles to have this disorder but you'd rather not go down the medical or professional route, then you can always research passive aggressive behaviour and arm yourself with enough knowledge to at least keep yourself well informed and up-to-date. Knowledge is power and sometimes is just enough to begin to make a difference.

CHAPTER 2 – HAS PASSIVE AGGRESSIVE BEHAVIOUR AFFECTED YOUR LIFE?

Do you believe that you have suffered in life as a result of passive aggressive behaviour?

Are there times where you can relate to the characteristics of PAB?

Many people just get on with their lives, unaware that they are passive aggressive, some have never had the knowledge to identify their behaviour patterns and how PAB has been dominant in their life for so long without pause or end.

To control or rid something requires knowledge that it exists before any real changes can be made. A good place to begin would be to review your life to as far back as you can remember, and start to question your behaviour

patterns towards others and your reasons for behaving the way you did.

We all have characteristics that are indeed similar to PAB, but that does not label any person who shares some of the traits as a passive aggressive, but instead, a person who shows constant signs of these characteristics.

Do you think that you have and continue to behave in a way that would suggest that you have PAB? If so, which areas of your life (and other people's lives) have been damaged as a result such behaviour and for how long?

Relationships are usually the first to suffer the backlash of such passive behaviour. If you have been in an intimate relationship for some time, you will be able to identify times when you've pushed others away with a covert/indirect approach, or maybe your relationships have suffered as a result of an inability to communicate with honesty and openness?

Ambiguity is often used as a type of shield whenever a passive aggressive chooses to mask their true feelings; they'll rarely ever speak in a direct manner, tending to

evade questions by way of being indirect in their communication with others. Can you relate to this type of behaviour?

Attitude is determined by the results sought after by the passive aggressive. For example; a positive or negative attitude will be used in response to a lover, colleague, friend/family member, but even if the response from the passive aggressive is positive, it is likely to be masking their true thoughts or intentions. Similarly, if the response was a negative one then this too would usually be indirect in an effort to throw the recipient *off scent*.

Procrastination can be the efforts one would take to avoid others – for example; a passive aggressive stalls the all-important meeting at work in an effort to punish the boss because they failed to issue that sought after pay rise, and instead of confront the manager in a professional and reasonable manner, the PAB decides to dish out an indirect punishment, which is *cutting off the nose to spite the face*, as a simple discussion with the manager could have earned the pay rise, but that opportunity is now obsolete.

The victim is a role that many passive aggressive people act out in order to escape responsibility. It is far easier to adopt this role instead of face up to what seems to be so difficult. Never admitting their faults, always seeking to throw blame on other innocent folk, making out that they are indeed faultless or even perfect in some cases, this is another form of armour for a passive aggressive.

This learned behaviour stems from an early age for the majority of people with this disorder. If you feel that you need to make some changes in your life then it is best to start back at the beginning where it will be easier to determine the root cause of this condition.

You will need to be sure that you are not just over-reacting to what you think could be passive aggressive behaviour.

As stated before, every person experiences some if not all of the characteristics of PAB which does not automatically suggest that they have such a disorder, but instead you must check for signs of consistency that relates to passive aggressive behaviour, and how long things have been this way. Hope you've got a better understanding of

the somewhat complex nature of passive aggression, in the next part we will be looking at the causes of it.

CHAPTER 3 – CAUSES OF PASSIVE AGGRESSIVE BEHAVIOUR

There are many concepts as to how passive aggressive behavior begins. There are cases that begin in the home where there is a dysfunctional atmosphere to contend with, or parents who hand out severe punishments to children who display their anger, or try speaking up for themselves whilst involved in debate – heated or otherwise.

Violence that is experienced at home from an early age can also trigger the start of passive aggressive behaviour. If the atmosphere at home is volatile and lacking in proper communication from parent to child/children then this type of disruptive environment is an ingredient of suffering.

Children are naturally prone to copying or adopting their parents' behaviour patterns, for better or worse, they become mentally and emotionally conditioned by what seems to be the correct way to behave. This behaviour

then becomes second nature to the child and becomes a huge factor in their growth and development for many years to come.

And by the time that they've established different relationships and friendships, these would have been severely strained if the behaviour was not dealt with from the onset, not to mention potential opportunities for advancement in society regarding a much sought after career or a prominent role – which would require professionalism and proper communication skills to say the least; a passive aggressive would most definitely struggle to cope in these important areas of life.

Fear is also known to be another cause for this disorder; a PAB would generally try to avoid *rocking the boat* or upsetting someone with their opinions, beliefs, requests or initiating an argument. This is often seen as having respect for others, or trying to keep the peace, but all the while that their true intentions are not being expressed is causing inner turmoil and a mountain of repressed thoughts and feelings which all inevitably find their way out into the open, whether in truth or masked behind

anger and violent outbursts, indirectness or manipulative behaviour among loved ones and society.

Many children were raised with the belief that they were just another burden, a headache, another mouth to put food in, or a nuisance. With these set of beliefs a child treated in this poor way will often retreat into an imaginary shell or imprisonment for feelings of low self-worth and *not being worth it*, to the point of being afraid to voice even the most simplest of needs and wants – every child's prerogative.

Parents or other family members, teachers and other guardian-type figures are meant to be role models for children, guiding, protective, inspiring, loving, caring and conscientious, the list could go on forever, but the general idea is to provide a stable, secure and educational environment for children to experience life safely, progressing to responsible, decent and mature adults.

The passive stance is one of safety; children need to feel safe (even adults have the same need) and when the role models they look up to are failing them then where else

can they turn to except themselves when there is no one else around?

They adopt a character or a mask that makes them feel as though they can cope, but the reality is that they become more internally damaged with time.

But necessity still lives on inside us all, especially for those who try to hide their human nature. Passive aggressive behaviour stems from an imbalance at home or at school or around any traumatic experience that occurred from an early age.

Everyone would do well to be as observant as possible to recognise when someone is displaying the signs of PAB, especially in children, because awareness is the first step towards combating this unnecessary disorder.

Let knowledge be your guide.

CHAPTER 4 – THE PITFALLS OF BEING COMPLACENT WITH PASSIVE AGGRESSIVE BEHAVIOUR

Many passive aggressive people are not aware that they have this disorder; thinking that it is ordinary to be living in such a way, oblivious or even ignorant of living an unbalanced and unstable lifestyle. What is naked to the eye is near impossible to tackle – how do you combat something which you're unaware of?

People fare better in life when they are aware of their circumstances, available opportunities, pitfalls, dangers, snares and the **Self**.

When you become aware of a thing then it becomes possible to change it, so the first step in changing your circumstances/lifestyle as a passive aggressive is to be aware of *how* it affects your life and others who are a part of your life in some way; partner, children, parents,

siblings and other family members, or your friends, colleagues, associates etc.

Everyone who engages with you in some way or another each day is liable to suffer with you, especially if you are *none-the-wiser* concerning your passive aggressive behaviour disorder.

Being complacent with your life as it is means that you are satisfied with how things are each day, week, month and year that passes by, although others might spot something that seems odd about your behaviour when you're around them or in general company. Some people will confront you in a non-judgemental way to simply ask if you're feeling alright, when in fact you could be feeling just fine – or so you might think.

This is one of the pitfalls of being complacent with PAB; you'll find that others can become irritated whenever they're in your company/presence, or some people might even try to avoid you as a result of them finding difficulty in understanding you or your character.

Many people in the world would rather just go about their lives with as minimum fuss/challenges as is possible, hoping for the simple life, they avoid any and all types of confrontation to maintain the placid type of lifestyle that is so important to them - and if it makes them feel safe then why not? It's their prerogative to live life in this *cushioned* way.

Other pitfalls could be that you alienate your loved ones in a way that disrupts life at home. This is especially sensitive if there are children involved, for many reasons:

- Children can learn this behaviour; they look for a role model in adults – especially from their parents whom they must be able to *look-up to* and trust fully.
- The environment at home can often become quite hostile if this passive aggressive has no boundaries with their behaviour. This can turn children to want to run and hide from the people they dislike – if this relationship happens between child and parent it could take a long time before anything is resolved because the passive aggressive will try to shift their

responsibility and/or blame others for their misgivings.

- Children in some cases will start to seek out other/external adults as suitable parent figures.
- Most children will refuse to communicate with a passive aggressive parent.

There is a danger that a child who is raised in such an unstable environment can re-enact their learned behaviour at school which could have a contagious effect on other children as well as with other members of the family; cousins, nieces and nephews, step brothers/sisters etc.

To change a thing you first need to know of its existence, and this is the power that knowledge can bring. We are all creatures of habit, and because of this we are always a stone's throw from becoming complacent.

CHAPTER 5 – STRATEGIES FOR DEALING WITH A *PASSIVE AGGRESSIVE* PERSON

You'll meet them anywhere you go, sometimes you'll know when you're in their company, and other times the truth will evade you. But to become angry with a passive aggressive will only escalate matters, so, how do you deal (effectively) with a passive aggressive individual?

Whether you're busy at the office or busy at home, you'll fare well if you avoid unnecessary conflict or confrontation with a passive aggressive – even if you have every reasonable cause to escalate matters, it is in your best interest to stay calm and issue your requests or questions in a direct but relaxed manner.

This will drain the passive aggressive person of their fuel-for-indirectness and will quickly start to remove their reasons for procrastinating or stalling your requests.

This is especially true for the workplace scenario where an employee is assuring of their willingness to meet a deadline or to complete an important task, but in their mind they're secretly plotting to stall you at the last possible moment when the work is to be delivered.

They'll make up a silly excuse because deep inside they'll want you to know that this is their way of punishing you, but to keep up appearances they'll lie through their teeth and will look to shift the blame/responsibility.

As frustrating as this may be, you'll need to remain professional and even try to empathise with the individual in question; this will give you a greater opportunity to see through their destructive patterns of behaviour and will show them that you are more resistant to their manipulation.

You must, however, be stern about your requests and be immovable with your protocols; pointing out what will be the results for poor performance in and around the workplace. A passive aggressive will always tend to test

those individuals who are more reluctant to put up a fight; they'll target people who are always trying to please others because they're more likely to succeed with their manipulative schemes on people who are less likely to question the motives of a passive aggressive.

At home, if you're dealing with a partner who is constantly dominating the environment indoors with their passive ways then you'll need to ask open-questions; "what are the reasons for your mood having changed in the last hour?" Instead of asking; "what's wrong?" Passive aggressive relationships are a little more difficult to avoid when they're happening in the home. They're different to the relationships you have with friends or any other person that you don't live with.

The home is a very private place; unlike the workplace or a public location, home is where we are supposed to be allowed to unwind and be ourselves, so the environment becomes a type of *battleground* when people aren't allowed to unwind and enjoy their private bubble that *life at home should* naturally provide.

Never confront your passive aggressive partner with further aggression of your own – you'll seldom win. Remember that if you're the 'addition to the *fire*' then the flames of aggression will only rise and this will amount to a level that cannot be extinguished until the *raging fire* destroys something.

Conversations with your partner must be relaxed and direct. All questions must be clear and not muffled in any way - you must always make clear your intentions for raising your points and why.

Life with a passive aggressive is about compromise and even sacrifice on your part. Although this seems unfair (yes it really is unfair) it's a strategy worth adopting if you are to change things for the better.

CHAPTER 6 – HOW TO SURVIVE AN INTIMATE RELATIONSHIP WITH A PASSIVE AGGRESSIVE PARTNER

Tension in any relationship is tough to deal with especially if you have to deal with a passive aggressive partner, and most people would agree that this kind of relationship is a recipe for disaster in the intimacy department, but things are not always as they might seem to the untrained mind.

There are ways of dealing with the dramas that threaten an intimate relationship, but if you really want the intimacy to *survive the storm* then you'll need to adapt to a new way of thinking. Instead of challenging your partner, you can fine-tune your listening skills until you can hear what's beneath the deception and the indirectness.

Ultimately this type of strategizing will improve your general awareness of your partner, allowing you to know what the triggers are for their behaviour.

Intimate relationships are sensitive due to their nature and the expectancy level of both lovers which naturally adds strain to a dysfunctional relationship that is void or lacking in communication. Lovers should know this well, as an intimate night that is supposed to be full of romance is usually communicated by the loving couple *without conversation* – but instead, subtle actions and gestures that are intended to speak volumes with energy and *not* with talk.

Well, the same is true when dealing with your passive aggressive partner; be subtle instead of becoming rowdy, listen with your emotions and not just with your ears, observe without making a scene, study what you learn from your partner and don't try to use what you've learned against them, but instead, you can use your new knowledge to help support them.

Practice new methods for communicating effectively and always remind yourself of how much you love your partner - just to soften the emotional blows that they'll indirectly throw your way from time to time. Show no fear and don't back down, be firm but fair.

Avoid all arguments with clear and to-the-point communication; never mumbling your point across, but always being clear and concise, with much eye contact and a soft tone of voice, allowing enough time for a response from your partner; there is no point in talking over them as this will provoke a harsh and negative response.

Make mental notes of the best times to share your findings with your partner – there's no sense in trying to engage them with your observations if you can perceive that it's a bad time for such discussions. You should know the majority of your partners' idiosyncrasies and which times are best to approach them for a meaningful conversation.

The more you share your concerns in a light-hearted manner the more you'll be able to engage in a healthier relationship that is open and fair.

Many relationships fail due to poor communication, so it is most important to set this as a priority instead of arguing or challenging indirect behaviour from a passive aggressive partner. Always explain yourself with as little fluff as is possible. If you want to be understood by your partner then you have to be heard by them first, and this means **accepting their faults**.

Yes this is so very difficult to do, but without acceptance there is no change – well, not for the *better* anyway. Remember that there is always a root-cause for why a person is a passive aggressive, you need to be calm enough to pace yourself in making a positive difference to your relationship, and it will get easier if you can maintain your efforts without getting too frustrated to the point of quitting.

CHAPTER 7 – HOW TO DEAL WITH PASSIVE AGGRESSIVE BEHAVIOUR IN THE FAMILY

Families can display the characteristics of passive aggressive behaviour from time to time, but what about the family member who *is* a passive aggressive? If you are part of a *tight* or a *close-knit* family then it is hard keep everyone happy all at once. You'll need to know the origins of the passive family member and whether or not they're aware of their disorder, if you're going to attempt to make a positive change to their life.

If the passive aggressive relative is aware of their disorder then you can try to work with them to bring about a team effort, which is a great way to start effectively communicating in ways that demonstrate your caring nature and your enthusiasm in helping them through their challenge.

Always remember to record the slightest difference in attitude and behaviour with the passive aggressive and bring it to their attention – especially if it is a positive change that's occurred, this will enlighten them. A great way to remain calm when in their company would be to put yourself in their shoes, as this will build empathy and will help to keep you focused on achieving a positive outcome when you least want to continue such a demanding and challenging task.

To be able to understand their mind-set will require considerable amounts of patience and foresight – both of which will be easily obtained with enough *follow through*. Things become a little more testing when there are other family members who do not share your same level of enthusiasm and will actively seek to argue or punish the passive aggressive relative.

They do this because of a lack of understanding, and so, they must be helped to see the constructive side of your intentions to help and support your relative and how the end result is for everyone to benefit – ensuring them that your methods are not linked to any kind of favouritism –

but instead are directed at a positive and beneficial result for all. There is much benefit of getting the other, more aggressive and less tolerant family members to see your intentions for what they really are. Their agreement would half the difficulty surrounding the situation on a whole, and as the old cliché goes; ***"many hands make light work."***

This is true, to say the least. A team effort (especially where loved ones are involved) halves the burden that one individual would have to carry alone – even with all the good intent, the task would be draining and demanding, but more manageable when shared. Also, another mind will see the situation from a different angle, and this helps with creativity and new input.

Families know each other in ways that friends and colleagues do not; they know certain home truths that others don't know, they have more years growing with the family trends that friends and colleagues miss out on, and they usually are there at times when nobody else is. Consistency in families can often be easier to develop

naturally and are less strained due to the family type of ethos.

Many families have experienced much together and so their bond is often more stronger than other households. The passive aggressive relative will find it easier to manipulate certain other relatives - but as mentioned before; a team effort that consists of love, patience and understanding, will quite often override any passivity; eventually replacing the habit of this disorder, bringing the family closer, with renewed strength and determination that is earned by maintaining a diligent and positive attitude that is always consistent and optimistic.

CHAPTER 8 – TREATMENT, SUPPORT & RESOURCES FOR PASSIVE AGGRESSIVE BEHAVIOUR

There is no easy or simple route to ridding passive aggressive personality disorder, although there are many options that a passive aggressive person can try, many of which are effective measures for those who are willing to help themselves.

It is very important to understand that if a PAP is not willing to acknowledge and accept that they have a behaviour disorder then there is no way that they will seek help and support – let alone treatment.

The first thing for relatives/friends or colleagues to do is to observe the day to day behaviour of the passive aggressive person to determine if this person is a threat in any way, as these types of cases will need to be

reported to the authorities immediately. Never try to challenge such behaviour alone if the situation is clearly becoming *out of hand*. Likewise, if another person is threatening violence towards the passive aggressive due to their frustration (which is a common reaction from non-sufferers) then the authorities/police must be informed.

Many people speak of treatments like neurotransmitters; Gamma-aminobutyric acid, Serotonin and Dopamine, or Risperidone – which is primarily used for treating Schizophrenia. Support groups offer conversational therapy for release and sharing thoughts and ideas, but not many speak of the main challenge when trying to help a passive aggressive; the unwillingness to accept that they have a disorder.

To be able to suggest counselling or psychotherapy the individual in question must be willing to agree that they need help. Some passive aggressive people believe that they are fine and that nothing is wrong with them, whilst others believe that they can cope just fine with the

disorder without the need for external resources or support from professionals.

Psychotherapists and many counsellors will encourage the passive aggressive to trace their life back as far as they can recall in order to discover the *root cause* or the onset of this behaviour disorder. Shamans (spirituality) do the same thing but on a deeper level; journeying through a trance state to a time where the problem began. It would seem that this is the most constructive way to proceed with helping a willing passive aggressive individual who is clear about what needs to be done.

Other methods can involve exercise to improve or build self-confidence and restore balance, further raising self-esteem. Your energy levels will take a boost from this and you will have something new to focus on and feel good about. Also, changing the atmosphere around the passive aggressive, either at work, or at home can be of a huge benefit.

The environment can be changed slightly to help with the mood; creating more space for the individual to feel more at ease with their surroundings whilst at work or at school. In the home environment you can strategically stick positive affirmations on the fridge, and hang up photographs that reflect good/happy times with others.

These small efforts go a very long way, as the passive behaviour is linked to the upbringing of an individual, therefore, focus should be directed at good memories, especially if they're memories that the whole family can share together.

An effective treatment, although simple in its nature, is to keep a journal. If you are a sufferer who has acknowledged that you have PAB, keeping frequent notes about the slightest change in your mentality and behaviour will keep you well informed about the patterns that are causing the episodes. These patterns can soon be traced back to the origin/root of the disorder, and this is when you'll be able to clearly identify where and how/why it all started.

Armed with this knowledge you can start to form new strategies for successfully removing this heavy burden from your life. Well we've reached the end, I hope you've enjoyed our guide on breaking free from Passive Aggression, I wish you all the best with it and do refer to this again and often, it will get better each time.

***BONUS* – MEDITATION: HOW IT CAN HELP TO OVERCOME PASSIVE AGGRESSIVE BEHAVIOUR**

Life is about learning from our experiences, achieving balance and reaching our goals with self-belief, courage, focus and solid determination. However, there are many things that can throw a person off-balance in life, and passive aggressive behaviour is one of them.

The trickiest part is for the sufferer to accept that they have a passive aggressive personality disorder, because no help will be tolerated by them otherwise, which means that they are stuck with this dis-ease and they risk alienating even the most loving family and friends, not to mention the potential loss of opportunities for advancement in society, which will slip through their fingers because of intolerance from colleagues and/or bosses.

If a passive aggressive is willing to acknowledge that they have a behaviour disorder then the first hurdle to progression will be out of the way and the journey will become easier to contend with.

Meditation can help in so many ways:

- Heal yourself internally, mentally and emotionally.
- Eliminate the past-tense, one day at a time.
- Rebuild self-esteem.
- Restore vital energy.
- Develop greater focus and awareness.
- Gain a decent sleeping pattern.
- Spiritual growth and development.
- Sharpen your mind by raising your levels of perception.
- Improve your memory.
- Make difficult circumstances easier to accept.
- Raise your level of consciousness and intuition.

- Discover breathing techniques as an outlet for releasing pent up frustration and anger.

This ancient practice or *way of life* is appreciated by many people around the world, its benefits are not limited to the above list – there are a multitude of beneficial outcomes that are gained from consistent practice which many people have been enjoying as an addition to their lives.

Meditation brings clarity and light to misty and dark areas of life. Many people meditate daily without knowing that they are engaged in it. Whenever we switch off from thought we are meditating, or sometimes it is more active meditation; walking down the street and reaching your destination without remembering the last few minutes of your journey but knowing that you were able to cross the road without accident – *but how?*

When you are living life as a passive aggressive you might well be aware of your passivity but unaware of how best to deal with it. Meditating will open your mind to a

new way of understanding that will present you with insights about yourself/strengths/weaknesses that you would otherwise be oblivious to. A passive aggressive person needs to have clarity and a sense-of-direction in order to pinpoint the areas about themselves that are in need of change.

You'll need to have enough time alone to sit still and surround your mind with the silence. This state will switch your vibrational frequencies (energy levels) to optimum efficiency, positively affecting the endorphins and other chemical brain activity to a level of stimulation that enhances concentration. At first, meditation can seem difficult but the passive aggressive that is able to maintain their efforts will soon realise the potential that meditation exposes to the diligent.

Passive aggressive people need to feel a sense of value (which person doesn't?) and once this valuable feeling *takes seat* then it becomes easier to commit to meditation, to the point where meditating is enjoyed and even cherished. Developing a new mind-set is an exciting thing, there is a whole new side to the personality that is

revealed; new strengths, new strategies, and fresh concepts for an exciting and stimulating lifestyle are lit up like stars in the thick of night. Fears are met and understood, frustrations are given permission to leave and new energy is stored for a new episode in your life's journey.

How to Meditate

1. Sit crossed legged with arms stretched and wrists resting on the knees, or lie down in a comfortable spot on your back with your arms by your sides, or sit on the edge-most part of a chair and place your hands (palms facing each other) in front of your chest (heart area).
2. Ensure there is enough silence (sometimes there are external noises that cannot be filtered out like traffic, neighbours etc. but *such is life* – close all windows and focus).

3. Close your eyes or focus on one spot directly in front of your gaze (preferably a blank space on the wall).
4. Focus on your breathing; guide your breath – don't force it – allow it to do what it knows best, just direct it to your lower abdomen and watch/feel/sense its rhythm.
5. Filter out all thoughts with your exhalation to aid your concentration.
6. As a mantra, repeat these two words with each breath; on your inhalation say (not aloud but in your mind) "here" – with your exhalation say "now." This will help considerably to keep your focus from escaping you, and will centre you in the moment.
7. Relax and softly observe the experience.

Hold this exercise for a couple minutes on your first attempt and increase it an extra minute each time until you can comfortably sit still in silence for 20 minutes. There is no amount of meditation that is too much; you can meditate for as long as you feel content with.

Consistent practice will have you reaching new heights, you'll be in a better position to *play detective* with yourself and ferret out the mysteries that were keeping you burdened with confusion, allowing you to untie those perplexing knots that once kept you bound and dissatisfied with life.

You can become the master of your own destiny if you give this practice commitment; treat it as you would treat a winning lottery ticket – full of importance and value. Meditation will present you with the tools to start again in life; your passive aggressive behaviour will be put to rest for good, with enough courage on your part, and a steadfast spirit to conquer the odds.

Passive aggressive behaviour is not the end of the world, although at times this may **seem** to be the case. You need to spend enough time alone in your own private space without interference from third parties that can add pressure and confusion to an already taxing situation. When you're alone and in meditation you have a chance to be honest with yourself in ways that you would struggle to be with others – you can only be honest with other people once you've shown honesty to yourself.

Make a start with yourself and allow meditation to show you the origins of your upbringing that you might have forgotten about - due to repressed thoughts stacking on top of each other. Like countless veils that have been placed over the eyes; *removing the layers that blind you* is a lengthy process but like all worthy ventures – it is *well worth the effort*.

Let meditation be top of your list of priorities and reap the benefits that it has brought to the lives of many enthusiastic individuals. Allow meditation to help you and it will, become new of mind and matter, remove the brick walls that you put up as a defence from society. You will

become accepted by others when ***you can accept yourself***; a life-lesson that you'll benefit from in many years to come.