

BASED ON 20 YEARS OF PROFESSIONAL COACHING EXPERIENCE

A Practical Guide for Passive-Aggressives to Change Towards the Higher Self



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“Self-knowledge is the beginning of self-improvement.”

— Baltasar Gracián

*“Your life only gets better when you do. Work on
yourself and the rest will follow.”*

— Source Unknown

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Introduction

The NYU Medical Center defines a passive-aggressive individual as someone who "may appear to comply or act appropriately, but actually behaves negatively and passively resists." In our highly competitive, pressure-filled and stressful society, passive-aggression is a prevalent and disempowering phenomenon, both for the passive-aggressor and the intended target.

Many chronic passive-aggressives struggle, and suffer personal and/or professional setbacks during the course of their lives.

However, to the few who are self-aware, there is the unique opportunity to evolve towards the Higher Self, signified by astute proactiveness, effective communication, and the capacity to engage in healthy and constructive relationships.

Presidential speech writer James Humes wrote: "The art of communication is the language of leadership." To step out from the veils of passive-aggressiveness and practice excellent people and relational skills is truly a sign of mature success. The information contained in this book may show you how.

The Four Categories of Passive-Aggressiveness

Psychiatrist Daniel Hall-Flavin describes passive-aggressive behavior as “a pattern of indirectly expressing negative feelings instead of openly addressing them. There's a disconnect between what a passive-aggressive person says and what he or she does.” Passive-aggression can range from the relatively mild, such as making excuses for not responding to someone's communication, to the more serious, such as deliberately undermining another individual's happiness and success. Passive-aggression may be directed towards a person or a group.

Below are four major categories of passive aggression. While some people may act in the following manners from time to time, a chronic passive-aggressive tends to behave in one or more of the following manners habitually, often towards specific individuals in her or his life.

Category One: Disguised Verbal Hostility

Example: Negative gossip. Sarcasm. Veiled hostile joking — often followed by "just kidding." Repetitive teasing. Negative orientation. Habitual criticism of ideas, solutions, conditions, and expectations.

There's more to this excerpt!

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