



Ashly



- Backhanded Compliments: Remarks that seem polite but carry a hidden insult.
- Sullenness or Silences: Using the silent treatment to punish or communicate disapproval.
- Victimhood: Avoiding responsibility by portraying oneself as the victim of circumstances or other people's unreasonable demands.

Why People Act This

Way: Passive-aggression is often a defense mechanism stemming from a fear of direct confrontation, fear of rejection, or an inability to express emotions openly. It allows the individual to express frustration while maintaining "plausible deniability," meaning they can claim they didn't mean any harm if confronted.

How to Handle It:

1. Recognize the Pattern: Identify that it is not about you, but a reflection of the other person's inability to communicate.
2. Stay Calm and Direct: Refuse to engage in the game. Calmly address the behavior by stating what you observe ("I noticed the report wasn't finished").
3. Set Boundaries: Clearly communicate expectations and the



Message

