



Ashly



3. Set Boundaries: Clearly communicate expectations and the consequences of inaction.
4. Avoid Enabling: Do not take over their undone tasks out of frustration; this only encourages the behavior.

If passive-aggressive behavior is causing significant stress in relationships or work, consulting a therapist can help in developing more constructive communication habits.

8:32 PM ✓✓

This manipulative tactic is known as narcissistic baiting or provocation, where a person deliberately taunts you to elicit a reaction, only to label you the "enemy" or abuser when you finally react. Your reaction to this relentless prodding is often called reactive abuse or a provoked reaction.

Key Aspects of This Tactic:

- Narcissistic Baiting: Poking and pushing you emotionally or physically until you reach your limit.
- Reactive Abuse: A response to prolonged, intentional manipulation. The abuser manipulates you to act out, then uses your reaction to claim you are the aggressor.
- DARVO: A tactic standing for Deny,



Message

