

Passive-aggressive behavior is a way of expressing hidden anger, annoyance, or bad feelings indirectly instead of talking about them openly. Instead of saying what is wrong, a person might act nice on the surface while doing small things to show resentment, like avoiding tasks, using sarcasm, or giving the silent treatment.

Common Signs

- The "I'm fine" lie: Saying everything is okay while looking angry or upset.
- Silent treatment: Stopping communication to punish someone without explaining why.
- Backhanded compliments: Giving praise that actually carries a hidden insult.
- Procrastination: Deliberately delaying or doing a poor job on a task you dislike.
- Weaponized forgetfulness: Claiming you forgot to do something you did not want to do.

Why It Happens

- Fear of conflict: People use it because they are scared of arguments, rejection, or direct fights.
- Learned habits: They may have grown up in places where expressing anger openly was not allowed or was punished.
- Lack of skills: They do not know how to be direct and honest about their needs.

How to Deal With It

- Stay calm: Do not get angry or match their behavior, which only makes them defend themselves.
- Name the behavior: Gently point out the mismatch between what they said and what they did.
- Encourage direct talk: Ask open questions to invite honest communication instead of guessing.