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Passive Aggressive Behavior Claiming our Feelings

The way to end passive aggressive behavior on your part or others' is with complete honesty and truth in any situation.

If you've ever found yourself repressing your anger and behaving in other ways to get your point across, you may be someone who is adept at engaging in passive-aggressive behavior. Although passive-aggressive behavior is recognized as a psychological disorder, it also describes the behavior that many people use to cope with confrontational situations. Such behavior has the outward appearance of being peaceful, yet it is really an attempt to express oneself in seemingly passive ways—usually without accepting responsibility for doing so. For example, someone who doesn't want to attend an event with a partner might engage in behavior that causes them to be late or miss the event without ever admitting to their partner that they never wanted to go to the function at all. Procrastination, inefficiency, stubbornness, and sullenness are some of the many ways that anger can be expressed indirectly.

It is important not to judge ourselves when we engage in passive-aggressive behavior. You may want to consider that you are not owning your feelings or your expression by indirectly expressing yourself. Perhaps you are judging your feelings and needs as wrong—which is why you are expressing yourself indirectly. You also may be worried that others will judge you for feeling



passive-aggressive hippie

the way that you do. Remember that anger and every other emotion are never good or bad. They can, however, become toxic if you don't express them in healthy and proactive ways. When we express ourselves directly, we are more likely to be heard by the other person. It also becomes easier for us to ask for and get what we want.

Once we learn to be honest with ourselves about our feelings, we can begin to directly express ourselves to others. By learning to express ourselves directly, we prevent misunderstandings, hurt feelings, and resentment from cropping up in our relationships. We also learn to communicate with others in healthy and productive ways. It is never too late to start working on ourselves and our behaviors, just take it one day at a time.

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Dear
Anny Bannanny



It isn't really a guitar but with friends like this who needs enemies?

Dear Anny Bannanny,
 I stopped by a local bar to see some friends. As I was leaving and talking to a friend I looked over and saw a really nice guitar on the ground.
 As I picked it up and admired it my friend said "That guitar belongs to Jane Doe." Jane Doe is a "friend" of mine so I told her I would take the guitar and give it to her when I saw her next. I put the guitar in my car and totally forgot about it till I ran into a relative of mine that plays the guitar. So I gave my relative the guitar as a gift. In the meantime I have seen Jane Doe a few times but it "totally slipped my mind" to tell her about the guitar.

Next thing I run into Jane at a local resort and there is my relative playing Jane Doe's damn guitar! Busted! But I still don't say anything until I see something on Facebook that said that I, (not by name) suck for not returning the instrument. Someone on there even said it was like stealing! I had plenty of opportunities to give back the guitar but I didn't. Also, Jane Doe recently gave me an expensive magnetic bracelet because she was concerned about my aching arm that I never thanked her for. What would a real man do to resolve this situation?

1. Just pay for the stupid guitar?
2. Blame Jane Doe by name and slander her all over Facebook. Trash her and her family? Get others to join in my hatefest? Make her pay for making me look like the buttwife that I am?
3. Allow all my low life friends that Jane Doe blocked and does not associate with to jump on the proverbial Facebook bandwagon and trash her too?
4. Get really angry - totally, irrationally angry - shaking, tears in my eyes... and go back to the bar looking for Jane Doe to tell her what a bitch she is again!
5. Keep the stupid guitar, it's finders keepers, losers weepers right?

What do you say, Anny Bannanny?
 Yours, Truly Confused



Dear Truly Confused,
 Jane Doe received the payment in an envelope that you left for her and she donated it to help needy children for Christmas. She knew you had the guitar the whole time. She wasn't concerned about the money. She was however concerned about honesty and respect. She was very disappointed that you did not apologize and to make matters worse, you continued to piss on her leg via Facebook. You also allowed some really trashy people to make nasty public comments about her on your wall too. Abusing the victim is the ultimate display of low class!

Jane Doe has done so much more for you over the years than you could ever do for her. Pity that you probably don't remember any of that either. Your extreme irrational fits of anger and memory loss have the whole town wondering....