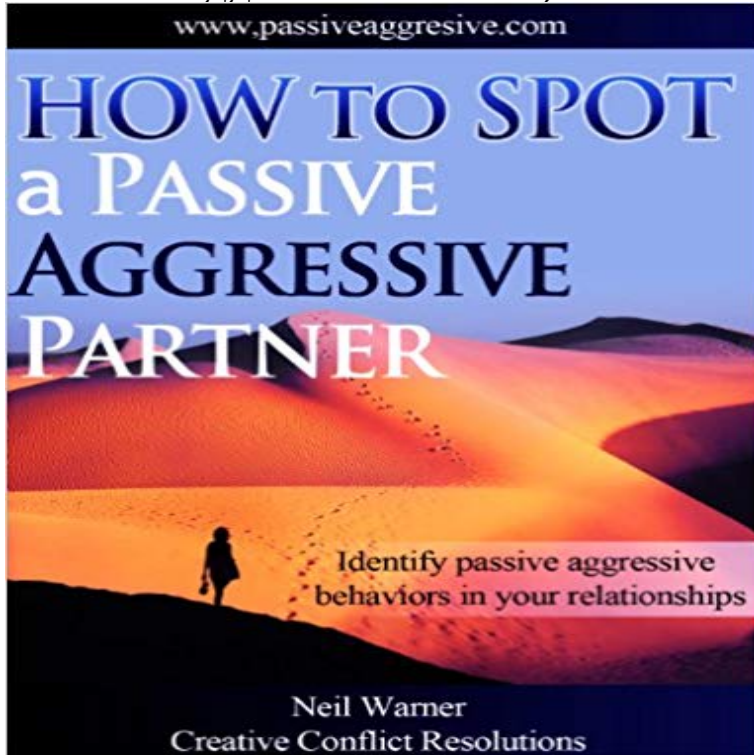


# How to Spot a Passive Aggressive Partner (The Complete Guide to Passive Aggression Book 1)



Here we are helping you manage the confusion induced by a passive aggressive marriage, by learning to spot passive aggressive behavior faster. It is tragic that women spend too many years trying to understand the situation they are in, and when they can say: I know that my husband is passive aggressive, it is too late to recover lost opportunities and a modicum of self-esteem and peace of mind. Your mind needs to make decisions while it is simultaneously receiving contradictory messages. Hell describe his behavior as good intentioned, willing to help and support you, while at the same time he abandons all commitments at the first opportunity. Later he will give you a nice excuse and twist your brain another turn of the screw You can cut to the chase knowing the many ways in which passive aggression can manifest: learned helplessness, procrastination, stubbornness, resentment, sullenness, or deliberate/repeated failure to accomplish requested tasks for which one is (often explicitly) responsible. We bring in this book the views of the person living with a passive aggressive person, who is trying to make sense of one of the most contradictory situations you can find: in the heart of a relationship predicated in getting near, very intimately related to another person, the passive aggressive person unleashes his hidden impulse to sabotage intimacy and take distance from any relationship which could be threatening to bond him with another human being. Is this a tragic exercise in contradiction? Of course, at the same time he says that he is in love, he is actively discouraging his proclaimed loved object from getting too near. He wears his passive aggressive defensive shield. How to deal with passive aggressive husband is quite an art. It can drive someone who has no idea of it and expects a straightforward behavior crazy. It takes several years to get to know the

sneaky ways in which this behavior manipulates a spouse into believing that if only she puts more attention, more love or more patience, things will change. Now we know that only the passive aggressive person himself can change this situation, by owning his past wounds produced in some domestic trauma that shaped who he is now. Living with a person who relates in this way can induce pain, confusion and loneliness. Regardless of that, you might be very well looking at his positive aspects and trying to make a good effort to develop a stable and long term relationship. It will be helpful to read this ebook to learn how to manage your own life and stop passive aggression sabotaging your love relationship.

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