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Understanding Passive Aggressive Behavior: 1. Identify the reasons people use passive aggressive behaviors 2. Recognize five distinct levels of passive aggressive behavior Breaking the Passive Aggressive Conflict Cycle: 3. Practice eight specific skills for effectively responding to passive aggressive behavior 4.

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The vicious passive aggressive cycle can take its toll on you, slowly altering your personality, until you barely recognize your own actions. You feel depressed, you might cry or yell more often than before, and you feel out of control.

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Breaking the Cycle. Breaking the cycle of passive-aggressive behavior requires both partners to have trust in one another. Both people have to trust that their spouse will be open and honest. They also must trust their spouse will express their needs in healthy ways and that they will both work together to meet each other's needs.

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PASSIVE-AGGRESSIVE COMMUNICATION is a style in which individuals appear passive on the surface but are really acting out anger in a subtle, indirect, or behind -the-scenes way. People who develop a pattern of passive -aggressive

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Breaking the Cycle of Passive Aggressive Behavior in Your Marriage. A song by Weird Al Yankovic has this tongue-in-cheek take on Passive-Aggressive behavior: I knew that we were having problems when You put those piranhas in my bathtub again You're still the light of my life Oh darling, I'm begging, won't you put down that knife

Break Free from Passive Aggressive Behaviour is a unique 6-week online course to help you understand the problem and learn the skills needed to empower yourself to deal with the Passive Aggressive Person in your life. You will be able to break the passive aggressive cycle and make lasting

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