

## **Traits of the Passive Aggressive Personality**

1. Most passive aggressive individuals will complain that their partner makes unreasonable demands on them.
2. Passive aggressive individuals tend to have one or both distant and critical parents.
3. Passive aggressive individuals are usually oppositional to your best suggestions.
4. They are rarely clear about what they want and why it is important to them.
5. Passive aggressive individuals will be hypersensitive to actual or perceived criticism.
6. Even though the passive aggressive claims they want to change, they will resist or nitpick insights and feedback from the therapist.
7. Unless they are therapists, most passive aggressive individuals don't mind being labeled passive aggressive.
8. No matter how carefully and clearly agreements are made in your sessions, the passive aggressive will generally avoid following through on them.
9. Passive aggressive individuals have a history of many disappointments. To defend against repeating this pain, they avoid identifying most desires.
10. They are not proactive in their relationship about roles and responsibilities around the house.