

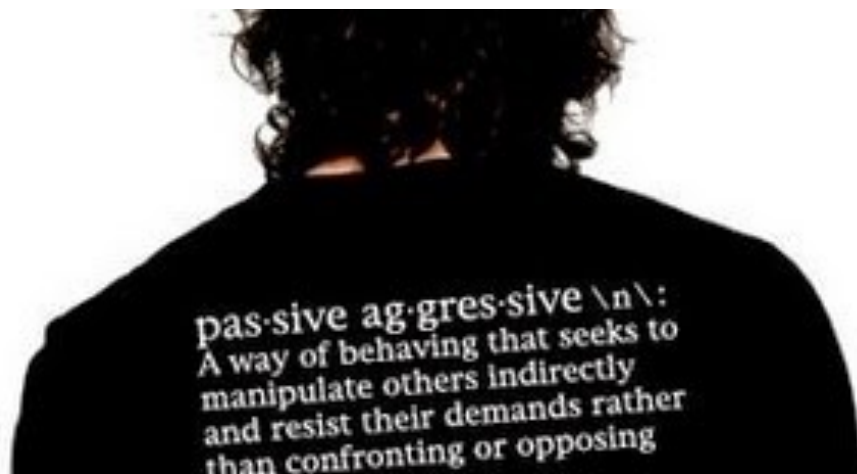


# NEWSLETTER

# Spring 2018

## How To Handle Passive Aggressive People

By Linda Fentress, M.Ed., Licensed Professional Clinical Counselor



Maybe your loved one or friend dishes out the silent treatment, flings subtle insults, does small things to indicate they are upset, or quietly ignores you. Here are some ways to cope with passive-aggression:

**CALL THEM OUT** “Did you mean that to sound passive-aggressive?” These words can quickly snap someone out of their negativity. Caught red-handed, they may rush to say, “Oh, no”. Then, if you like you can probe further to ask them if something is upsetting them. Invite a civil conversation that takes into account how the person is feeling.

**IGNORE HIM/HER** The other person is trying to get a point across and is obviously being hostile, but you don’t have to take the bait. If you can let it go, you’ll be happier for it.

**BE COMPASSIONATE** The passive-aggressive (or plainly aggressive) person is obviously frustrated and tense. That’s not a comfortable or happy place to be. It’s hard to carry around so much anger within. Wish him/her well while setting firm boundaries.

**INVITE THEIR PERSPECTIVE** In so doing, you create a space for the person to really share what’s going on, rather than having to make indirect stablles that only make matters worse.

The Bible invites us to “speak the truth in love” in Ephesians 4:15. By addressing passive-aggressive behavior and communication head-on but in a gentle way, we invite the other person to grow in maturity and love.