Passive aggressive behaviour takes many forms but can generally be described as a non-verbal aggression that manifests in negative behavior.

It may also involve indirectly resisting requests from others by evading or creating confusion around the issue. Not going along with things. It can either be covert (concealed and hidden) or overt (blatant and obvious).

A passive aggressive might not always show that they are angry or resentful. They might appear in agreement, polite, friendly, down-to-earth, kind and well-meaning. However, underneath there may be manipulation going on - hence the term "Passive-Aggressive".

It happens when negative emotions and feelings build up and are then held in on a self-imposed need for either acceptance by another, dependence on others or to avoid even further arguments or conflict.

Passive aggression is when the behaviour is more persistent and repeats periodically, where there are ongoing patterns of negative attitudes and passive resistance in personal relationships or work situations.

**Some examples of passive aggression might be:**

**Non-Communication**

**Avoiding/Ignoring**

**Evading**

**Procrastinating**

**Obstructing**

**Fear of Competition**

**Self-Pity**

**Blaming**

**Withholding**

**Learned Helplessness**