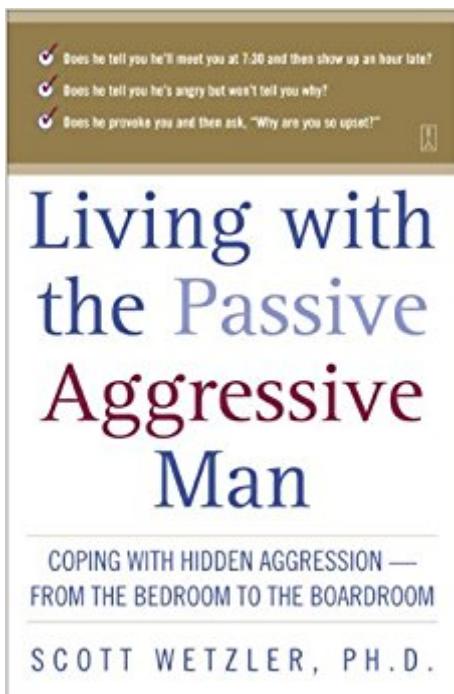


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# Living With The Passive-Aggressive Man: Coping With Hidden Aggression - From The Bedroom To The Boardroom



## Synopsis

With more than 100,000 copies in print, *Living with the Passive-Aggressive Man* draws on case histories from clinical psychologist Scott Wetzler's practice to help you identify the destructive behavior, the root causes and motivations, and solutions. Do you know one of these men? The catch-me-if-you-can lover... Phil's romantic and passionate one minute, distant and cold the next. The deviously manipulative coworker or boss... Jack denies resenting Nora's rapid rise in the company, but when they're assigned to work together on a project, he undermines her. The obstructionist, procrastinating husband... Bob keeps telling his wife he'll finish the painting job he began years ago, but he never seems to get around to it. These are all classic examples of the passive-aggressive man. This personality syndrome "in which hostility wears a mask of passivity" is currently the number one source of men's problems in relationships and on the job. In *Living with the Passive-Aggressive Man*, Scott Wetzler draws upon numerous case histories from his own practice to explain how and why the passive-aggressive man thinks, feels, and acts the way he does. Dr. Wetzler also offers advice on:

- How to avoid playing victim, manager, or rescuer to the P-A
- How to get his anger and fear into the open
- How to help the P-A become a better lover, husband, and father
- How to survive passive-aggressive game playing on the job

Living with a man's passive aggression can be an emotional seesaw ride. But armed with this book, you can avoid the bumpy landings.

## Book Information

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## Customer Reviews

"Living With a Passive Aggressive Man" states that dealing with a passive-aggressive person as a

spouse can drive even the most even tempered, rational, and reasonable person to huge levels of uncontrolled anger. P-As are masters at deliberately goading people. Within my marriage, I was unable to obtain the desired level of intimacy due to my partner's resistance. My needs weren't met and yet I continued to try to find a way to meet my partner's needs despite years of frustration and a lack of progress. My ex-husband controlled the dynamics of our marriage with his passive-aggressive behavior. Directly asking for what I wanted was a guarantee it would never happen. A lot was demanded of me but very little was willingly given back--not because he couldn't, I realized at the very end, but because he wouldn't. I'm generally not easily angered, but his behavior could drive me to uncontrolled rage--and then he'd calmly inform me I should seek counseling. Any conversation I tried to initiate about improving our relationship quickly turned to a list of his complaints about what was wrong with me. Finally I gave up any hope of improvement due to his extreme resistance. This book made me realize that I had a very typical relationship with a very passive-aggressive man, but the marital interchange was completely abnormal. There are eleven hallmarks that identify the Passive-Aggressive personality disorder. 1. Fear of Dependency 2. Fear of Intimacy 3. Fear of Competition 4. Obstructionism 5. Fostering Chaos 6. Feeling Victimized 7. Making Excuses and Lying 8. Procrastination 9. Chronic lateness & Forgetfulness 10. Ambiguity 11.

"Living With The Passive Aggressive Man" is a significantly flawed book, but one that has helped me tremendously in my post-breakup healing process with a passive-aggressive (PA) man. The book's greatest strength is describing what the PA man is like. I had many "aha" moments as clinical psychologist Scott Wetzler described the multitude of mind games PA people play including excuse making, obstructionism, and an old favorite: the PA person intentionally pushes your buttons, but if you get angry, they claim you're the one with a problem. This last example is of projected anger, which Wetzler explains quite well. Wetzler's discussions of arguments and apologies also ring true for me. He explains that a fair fight is not in the repertoire of a PA partner. He'll be sarcastic or sulk or bring up distractors, but will not tell you what's bothering him. Furthermore, in many cases, they won't apologize at all, or will quickly issue an insincere apology to change the subject. Wetzler asks you to gauge whether your partner actually changed their post-apology behavior. The section on parenting also was tremendously helpful. Wetzler states the biggest parenting problem for the PA parent is difficulty disciplining their child, which was certainly true in my relationship. Other parts of the book did not ring true for me, although they certainly might for another reader. For example, he talked about the childhood experiences typical to PA people

that helped make them that way, but my partner had generally positive things to say about his childhood. An alternative explanation could be that some people may consider themselves "too spiritual" to get angry, so they vent their anger passive-aggressively. Wetzler discussed "Who falls for the passive-aggressive man?

I am so grateful to Scott Wetzler for writing this book. It has allowed me to forgive myself for taking the final step and getting a divorce, de-coupling from a situation which only someone with iron-clad self-esteem and unswerving vigilance could survive."He doesn't hit you, he doesn't drink, he doesn't run around, and he likes to cook. What more could you want in a husband?" That's what my ex's late mother used to say. But something was definitely wrong with this picture. He wouldn't work. He wouldn't talk. He wouldn't acknowledge responsibility for anything. But he loved therapy. Years and years of couples counseling didn't help. I found it hard to get a handle on what was wrong until reading this book.Wetzler successfully calls attention to the "sins of omission" as opposed to the "sins of commission" and that truly is the crux of the problem. Also, the slippery logic, the convoluted rationalizations, the comfort of paralysis, the narcissistic view of the universe. I was trying to engage in give-and-take with a passive aggressive man, and that is plain impossible. My hands just kept sticking to the tar baby.My ex was good-looking, intelligent, and charming. But the solitude, the procrastination, the silent treatment, the inability to hold a job, the supreme sense of entitlement, the refusal to argue or engage in any discussion of issues, blaming me for his failures, using abstinence as a weapon... In ten years of marriage, my husband never uttered my name.I kept waiting for the waves of remorse to flow over me after I'd made the decision to separate. After all, I was 36 when I married him.

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