

**FOR:** Lighthouse Network  
**LENGTH:** :60  
**Title:** What Does "Passive Aggressive" Mean?  
**Air Date:** June 26, 2014

**INTRODUCTION:**

Welcome to Life Change with Christian Psychiatrist Dr. Karl Benzio.

**BODY:**

When treating couples, I often hear, "I've been called passive-aggressive, what does that mean?" Passive-aggressive refers to a coping style some people develop to indirectly express their anger or negative feelings while not taking responsibility for them. Most people have a hard time handling negative feelings or are afraid to express them directly. So they hold them in. Unfortunately, these feelings are hard to bury completely, so they leak out in indirect ways. These passive-aggressive leakages can include the silent treatment, sarcastic remarks, avoidance, negative body language or attitude, chronic lateness, or repeated forgetfulness. Quite simply, this "sugarcoated hostility," or the mismatch between what someone says and how he or she acts, is toxic to a relationship.

**CLOSE:**

If you or a loved one is struggling, go to [844lifechange.org](http://844lifechange.org) or call 844-Life-Change. And remember, Godly decisions determine your life, so choose well!