






**Passive aggressive behavior** is indirect aggression, wherein a person expresses their negative emotions covertly.

## Signs of Passive Aggressive Behavior

-  Resentment
-  Constant complaints
-  Refusal to cooperate
-  Procrastination
-  Snapping at people



## Examples of Passive Aggressive Behavior

-  Ghosting
-  Sarcasm
-  Lateness
-  Avoidance
-  Indirect refusal

# Be Aggressive

**Michael Seilmaier**



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