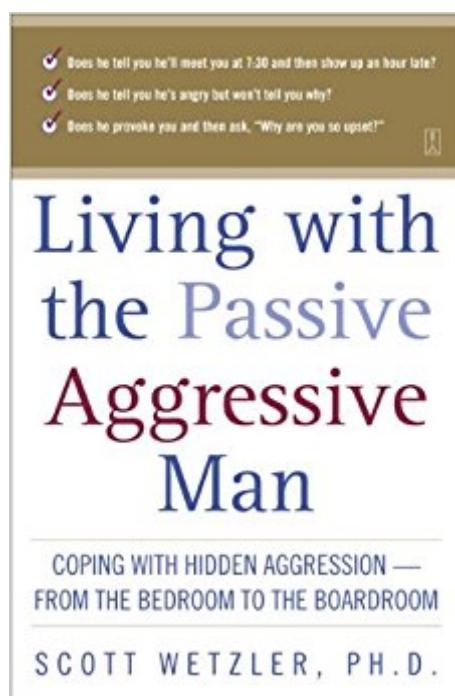


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# Living With The Passive-Aggressive Man: Coping With Hidden Aggression - From The Bedroom To The Boardroom



## 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

Passive-aggressive men are angry, but out of fear they display their aggressive impulses in passive ways, states New York City psychologist Wetzler. He explores the various ways men become passive-aggressive and advises women on how to deal with husbands, lovers, bosses, colleagues and employees who display these traits. From his own practice Wetzler draws numerous examples of how these men "drive women crazy," from "forgetting" an important meeting to sulking to delivering a barbed compliment. He also explains how women may unconsciously encourage passive-aggressive behavior, and offers tips on ways for them to break the vicious cycle. He even provides a short section on the "passive-aggressive organization." While this book is a trove of helpful and practical advice, many of Wetzler's examples of "passive-aggressive" behavior actually seem fairly benign. Copyright 1992 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Scott Wetzler, Ph.D., is a clinical psychologist in private practice in New York and associate professor of psychiatry at Albert Einstein College of Medicine, Montefiore Medical Center. He lives in New York City.

This book validated for me what I am going through with my husband. I believe everyone has passive aggressive behaviors, but some people purposefully use PA to control or manipulate others for a host of reasons, and basically make a lifestyle of it. My husband does not act this way to other people usually- just toward me. I highly recommend reading this book if you are thinking this could be the issue in your relationship-read it before you go to counseling. It will give you something to suggest to the counselor and help keep you from wasting time. Beware of going into counseling with a PA partner as a couple. He will lie, say half-truths ect in the room, YOU will be the one getting upset (read downright disgusted and mad) and then he will turn around and blame YOU and say, 'see I told you she is emotional and angry all the time'! All the while he will maintain perfect composure and seem so sweet and caring, saying 'we're only here to help you sweetheart!'. That is what a PA does! The book does go into some detail on handling the PA relationship and how your own actions (read- RE-actions) may be helping to enable him in the behavior. Author says that three type of personalities may help to enable the PA without the other partner realizing. The Victim, The Manager and The Rescuer. I do see myself as a little of all three maybe, but definitely the last two. One thing he didn't talk about and I have noticed is not in other books I have read either-- is that some of us are in the relationship and do want out -but what about The Trapped. ? I find myself placating his behavior so he doesn't get mad and decide to divorce me (which PA men will do lots

and often). I have no education beyond high school 20 yrs ago, no job skills or work history, no family well off enough to help me, I have 3 kids to care for and health problems and will lose my health insurance if we split. I really know that ending this in a divorce will not be to my best interest financially. Of course he knows this too. Therefore he can treat me any crappy way he wants and he knows I won't leave. This puts him in control. Bottom line, if you can't get out, start getting an education and working toward making a life for yourself if you can. Find other things to enjoy in life, because chances are your PA if it is bad enough-is not going to change. If your partner is not willing to attend counseling-go for yourself-you deserve it! Read this book-it can't fix all of your problems by itself- but it is nice to understand what is going on, be able to relate to other's experiences and get some ideas to have a place to start.

After twelve years of marriage, this is the first book I have come across on the subject of PA. I've been looking at ADHD, Asperger's, male depression, and otherwise trying to understand how two people who truly love each other keep winding up SO unhappy together! Actually, we may have gotten the answer years ago when a personnel worker told my spouse that he was "passive aggressive," but no one knew what that meant. Now, finally reading this book, I see what has probably really been going on with us. In addition to great information, examples, and suggestions, I especially appreciate the author's attempt to convey, with real sincerity, not only what, but why so many concessions may be needed to help a person with PA. Instead of just recommending more "things to do" concessions and accommodations, he brings his advice full circle. I can see how the changes I am willing to make may rebound to MY benefit, not just make life easier for my endlessly put upon, misunderstood, unappreciated, alienated, but "not going anywhere/ changing anything" partner.

This book offers an introduction to the psyche of the passive-aggressive male, and expansively catalogs how his tendencies play out in a variety of contexts. I would not call this book essential. The insights it provides are fairly obvious and it's not clear how passive-aggressive behaviors may also relate to emotional abuse. The descriptions of the P-A man playing games, withholding affection and getting you to doubt yourself so that he can seize the upperhand make one wonder: is this abusive? If so, at one point does one take definitive action to end the relationship? Is there a spectrum of passive-aggression and how does it relate to other dysfunctional behaviors (alcoholism and sexual evasion are discussed but this seems just the tip of the iceberg). While not an essential volume, it was a helpful read for an impulse purchase and it did provide insight on recognizing the

P-A male in my life. Could it be better? Yes, but it's a strong starting point for those of us confronting this disturbing issue.

This book is great and I am so happy I read it. It helped me understand my upbringing better and my pattern/s that stemmed from there. I could understand why I am attracted to and attract passive aggressive people into my life and how to deal with them or if. It was so rewarding to read it.

This is a very subtle behavior that can drive women insane until they understand it and figure it out. I found this book to be extremely helpful and I purchased two more for friends with the same type of husband and who also are very frustrated and unhappy with this deep rooted personality type. I highly recommend this book for women who have "nice" husbands but instinctively know something is not "nice" about their relationship.

Living with a passive aggressive man is so difficult and complex. This book is so helpful in explaining what the passive aggressive man is thinking and doing and why. Their thinking and anger and behavior is confusing, complicated and hard to figure out because it doesn't make sense. They blame you and you start to question yourself and wonder if you are crazy. This book is an excellent tool to help you understand what is going on with him and how to avoid stepping into the passive aggressive headgames. It gave me the words to put to the behavior. I couldn't even explain it to anyone before. It was a real comfort to find out there wasn't anything wrong with me and I wasn't doing anything wrong, it was his disorder. I am very grateful to have found this book. If you live with someone who is passive aggressive, I highly recommend this book.

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