



Living With the Passive-Aggressive Man

Scott Wetzler

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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.

Living With the Passive-Aggressive Man Details

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Author : Scott Wetzler

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Brian says

An excruciatingly detailed account of what I call the gamma male, exuding passive-aggressive, incubus qualities. While I agree with the information in the book, I disagree with the approach in which it was written, further extending the inter-gender violence between the sexes; aka the counterpart gamma female exuding feminine hatred.. Though, I agree with his main premise that it's not as big of an issue for women to be passive-aggressive because of the masculine-feminine pairing in couples; women are more feminine and take on the passive and receptive role and men are more active and directing; because of this nature-based gender coupling, it is far less attractive for men to be passive or passive-aggressive than it would be for women, hence the importance of the imbalanced title and thesis.

mossum says

I highlighted the hell out of this book. Evidently I'm still working through some of the XHusband stuff. Who knew?

Rebecca says

Helped me realize I'm not going crazy when I couldn't put my finger on the issues in our relationship.

Ken Householder says

I learned I have some passive-aggressive tendencies...as does my ex. There are also some ways of dealing with those habits and trying to break the cycles learned from our parental units.

Jennifer Choisser says

Co-worker, boss, husband, dad brother, it's inevitable that we will all experience the passive aggressive male. A must read for all women!

“Many passive-aggressive men have great difficulty maintaining friendships and romantic relationships. Some become demoralized and assume that people won't like them after sustained contact. (“ Once they get to know me, people will be turned off.”) Because of such low self-esteem, many passive-aggressive men actively push people away. They anticipate inevitable rejection, and try to preempt it. The more they believe this, the less chance they have of forming new friendships or establishing a love relationship. Such men need to learn that they can be open to the possibility of rejection and disappointment—and survive.”

Lori says

Having the same arguments over and over? Feeling a little crazy because you think the argument is over and a compromise has been reached yet your honey seems distant, hostile, unloving? When you ask them what's wrong they say "nothing" yet they are treating you in a non caring way? Well, welcome to living with a passive aggressive male or female for that matter. Just when you thought you'd solved your problems the passive aggressive partner, colleague, child etc.. begins their campaign of covert hostility that you might not even be aware of until you feel like you're going crazy. Could they really have forgotten to pick you up? Did you really not tell them the deadline for the project? Did they really just blame you for something they did wrong? Oh, the list goes on and on. In this book by Scott Wetzler, he describes the characteristics and motivations of the passive aggressive personality in relationships, the workplace, parenting and childhood. It's an excellent resource for anyone who is dealing with such a person on a daily basis. But don't think that all the blame is one-sided because Wetzler has devoted at least two chapters to the women and it could apply to men as well that typically choose to be in relationships with a passive aggressive personality. This is a well written, well explained book that can be very helpful for someone who feels like they are at the end of their rope. It validates that you are not crazy to believe that your partner is angry even though they deny it. The bad news is, there is very little you can do about it other than making decisions to keep yourself sane by setting limits and perhaps choosing to leave the relationship. This really stinks if you are working with someone who uses this modus operandi. The person who pervasively uses a passive aggressive filter to deal with the world has to want to change himself/herself in order to have the very thing they are frightened of most; healthy, intimate relationships. Good luck with that!

Stephanie says

Well a few more things make sense for sure. Coming from Utah sometimes I felt like a fish trying to identify water when diagnosing PA behavior. I see my own and other's much more clearly now.

SV says

The men that I am familiar with in past relationships and in my family usually fell into passive, aggressive, or assertive. It was my first time experiencing a relationship with a passive-aggressive man and I felt completely thrown for a loop. I only realized it afterward that he would use passive-aggressive tactics to manipulate me. I would recommend this book to anybody (male or female) that interacts in any capacity with such a person. I also recommend it to potential parents, because it describes the early childhood framework that enables/encourages passive-aggression. For me, it helped me learn how to stand up against passive-aggressive people, which was draining my energy and time -- especially as an empath who really cared about the unhealthy structure that gave rise to an unhealthy person. As someone that did not have much experience with passive-aggressive people, this helped me recognize how to interact in a healthy way. Thank you, Dr. Wetzler!

Kelly Shi says

Helpful to identify people of such traits in life. Be aware, donot let them play the blame game on you, be firm on your limits, and always have an exit plan if things turn worse.

Anita says

Every woman should read this. I've read it multiple times but they keep finding me. Lol

Eredluin says

It's not my fault. It really is him, and not that I'm hideous, or useless or stupid. It's him, it really is. I wept as I read the book, then I got mad. How dare he!!!!

Tammy Wichman says

There really was not any practical advice for living with the passive aggressive man. It was informative, but bleak. I suppose the bottom line is that the person who is passive aggressive needs to 1. recognize and 2. desire to change. . . the book made me very sad.

K says

First of all, what a great title! I mean, what woman in this world has not been made crazy at some point or another by some passive-aggressive guy in her life? If only it were as simple to deal with the problem as it was to read this book.

The way I see it, most men have their passive aggressive moments; I'm sure most women do as well. It's always nicer if you can get your needs met and avoid a direct conflict at the same time, isn't it? But in my view, characteristically passive aggressive men tend to live somewhere on a continuum between the frightened conflict avoider who's terrified of upsetting you and the emotionally abusive narcissist who wants to control you and look good in the process. Although it felt to me like Scott Wetzler was lumping all of them together, I think they're very different.

Wetzler does a good job of describing what it's like to deal with a passive-aggressive man, the different ways in which he can frustrate and confuse you, and also some different types of women who end up with these men -- what he calls victims, managers, and rescuers. Women who are victims end up being subtly abused by these men; managers boss them around and bear the brunt of their revenge; and rescuers believe that they can save, or at least change, these men and end up sadly disillusioned. Wetzler describes passive-aggression from men in a variety of settings -- the bedroom, marriage and parenting, and the workplace. As one might expect,

it's a heck of a lot easier to set limits on passive-aggressive behavior in the workplace than it is in one's personal life.

What Wetzler didn't, or couldn't, provide was clear, effective guidance in how to deal with passive-aggressive people in your family. State your feelings, figure out your limits, and stick with them, all sounds good in theory but is not easy to do in practice. Ultimately, it seems that these men need therapy but their level of motivation is questionable since passive-aggressive behavior is quite self-reinforcing. And often, women simply have to end the relationship. It's a pretty bleak picture, though probably not an inaccurate one.

I suppose that reading this book can be quite validating if you've known passive-aggressive people in your life. I kept thinking of one particular client I worked with and saying to myself, "That's him! That's him!" It can give you language for recognizing and talking about the problem. As far as actually *fixing* the problem, I guess that's more than anyone can ask of a book.

Laurel says

I had to stop underlining in this book because I was marking the whole book! Very eye-opening!!

Sadie (formerly known as Lennongirl) says

The German title (when men stonewall/stall) is a tad misleading. I'd hoped for more insight and advice on how to deal with men who prefer moping and stalling during an argument, which isn't easy for impatient me to deal with ;) But this book focuses first and foremost on the passive aggressive man in general, how he acts and manipulates others (in private, social and professional life), what might be the reason for it, what could be done for those having to deal with him and so on. It was a super interesting read and a deep and gripping insight into this topic, no doubt about it. It just wasn't what I was looking for.
