

# **NUMBER ONE COACHING TOOL OF THE MONTH CLUB**

## **FOR A RADICAL BREAKTHROUGH IN DEALING POWERFULLY WITH PASSIVE AGGRESSIVE BEHAVIOR**

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FIRSTLY, THANK YOU FOR CREATING THE OPPORTUNITY FOR YOURSELF TO HAVE A BREAKTHROUGH IN DEALING POWERFULLY WITH PASSIVE AGGRESSIVE BEHAVIOR, AND THANK YOU FOR THE OPPORTUNITY THAT YOU GIVE ME TO MAKE A DIFFERENCE FOR YOU, WHICH FULFILLS MY LIFE.

SECONDLY, HERE IS MY NUMBER ONE TOOL OF THE MONTH FOR YOU TO USE TO HAVE A RADICAL BREAKTHROUGH IN DEALING POWERFULLY WITH PASSIVE AGGRESSIVE BEHAVIOR. HOWEVER, THIS EXERCISE ONLY WORKS IF YOU COMPLETE IT RIGOROUSLY AND GENUINGLY ALL THE WAY THROUGH.

TO DO THIS EXERCISE, PLEASE USE A NOTEBOOK, NOTEPAD OR PERHAPS A NOTE APPLICATION ON YOUR PHONE. YOU WILL WANT TO HAVE SOMETHING THAT YOU CAN CARRY WITH YOU ANYWHERE YOU GO, AND THAT IS EASY FOR YOU TO USE, AS YOU WILL BE DOING THIS WORK FOR THE NEXT 21 DAYS.

- 1) MAKE A LIST OF ALL OF THE PASSIVE AGGRESSIVE BEHAVIORS THAT THE PERSON YOU ARE DEALING WITH DISPLAYS. MAKE SURE YOU LIST EVERYTHING THAT YOU HAVE NOTICED.
- 2) NEXT TO EACH ITEM YOU HAVE LISTED, WRITE DOWN A WAY YOU HAVE, AT SOME TIME, IN SOME WAY, DISPLAYED THESE SAME BEHAVIORS TO SOMEONE. FOR EXAMPLE, LET'S SAY THAT SOME OF THE BEHAVIORS THE PERSON EXHIBITS INCLUDE BEING IN DENIAL ABOUT BEING ANGRY, BORED, UPSET, DISTRESSED, ETC. BUT THEN ACTING THAT OUT ANYHOW. LOOK AT YOUR LIFE AND FIND A TIME WHEN YOU WERE BEING ONE OF THOSE THINGS – SAY DISTRESSED – AND YOU COVERED IT UP, OR PRETENDED YOU WEREN'T.
- 3) NEXT TO EACH WAY THAT YOU HAVE EXHIBITED THESE SAME BEHAVIORS IN SOME WAY, LIST WHAT WAS THE UNDERLYING CAUSE FOR YOU TO DISPLAY THAT BEHAVIOR AT THAT MOMENT. FOR

**EXAMPLE, IN THE EXAMPLE OF YOU BEING IN DENIAL ABOUT BEING DISTRESSED, YOU MAY HAVE BEEN AFRAID THAT IF YOU ADMITTED IT, THEN SOMEONE WOULD JUDGE YOU OR THAT YOU WOULD DISTRESS THAT OTHER PERSON. IT COULD BE THAT YOU REALLY WANTED TO GET REVENGE ON SOMEONE OR THAT YOU REALLY WANTED SOMEONE TO FEEL BAD OR GUILTY FOR SOMETHING. BE STRAIGHT ABOUT WHAT YOU CAN SEE FOR YOURSELF.**

- 4) MAKE A SEPARATE LIST OF WHY YOU TOLERATE THE PASSIVE AGGRESSIVE BEHAVIOR FROM THE OTHER PERSON. LIST EVERYTHING YOU CAN THINK OF FOR YOURSELF. THE LIST COULD INCLUDE THINGS LIKE: YOU ARE AFRAID OF WHAT THE OTHER PERSON WILL DO IF YOU TRY TO STOP IT, YOU ARE AFRAID OF LOSING THE OTHER PERSON IN YOUR LIFE, THEY FULFILL AN IMPORTANT FUNCTION IN YOUR LIFE OR WORK-PLACE THAT YOU DON'T THINK YOU CAN REPLACE, YOU DON'T WANT TO BE MEAN, YOU KNOW YOU HAVE SOMETHING TO DO WITH IT, YOU THEN GET TO TURN AROUND AND BE PASSIVE AGGRESSIVE WITH THEM, OR ANYTHING ELSE THAT COMES UP FOR YOU.**

**IF YOU HAVE DONE THE WORK ABOVE, THEN YOU CAN NOW SEE FOR YOURSELF THAT EVEN YOU HAVE WHAT COULD BE TERMED PASSIVE AGGRESSIVE BEHAVIORS THAT YOU EXHIBIT IN CERTAIN CONDITIONS AND CIRCUMSTANCES. WHEN DEALING WITH ANY BEHAVIOR WE DO NOT LIKE, OR FIND HARD TO DEAL WITH IN OTHERS, IT IS ALWAYS IMPORTANT TO BE ABLE TO RELATE TO THEM IN SOME DEGREE. BY THE WAY, THE BEHAVIORS THAT WE DISLIKE IN OTHERS, AND HAVE A HARD TIME DEALING WITH IN OTHERS, ARE USUALLY THE SAME BEHAVIORS WE DISLIKE IN OURSELVES (WE MAY HAVE IT IN VERY DIFFERENT DEGREES THAN THEY DO, BUT IT'S THE SAME THING). PASSIVE AGGRESSIVE BEHAVIOR IS DISTINGUISHED AS AN ARRAY OF BEHAVIORS INCLUDING, BUT NOT LIMITED TO: DENIAL, BLAMING, REVENGE-SEEKING, CONTROLLING, GUILT TRIPPING, BEING SARCASTIC, AND BACKSTABBING. THE PASSIVE PART OF THE BEHAVIOR IS THAT ON THE SURFACE THE PERSON ACTS INNOCENT, NICE, LOVING, CONFUSED, ETC. TO PUT ON A FRONT OF BEING GREAT THE WHOLE TIME THE AGGRESSIVE BEHAVIORS ARE GOING ON. PASSIVE AGGRESSIVE BEHAVIOR IS PARTICULARLY FRUSTRATING, AS THE PASSIVE SIDE OF IT MAKES THE AGGRESSIVE SIDE OF IT HARD TO DISTINGUISH AND LEAVES PEOPLE DEALING WITH IT IN SOME EXPERIENCE OF NOT KNOWING IF IT IS REAL OR NOT, AND INTENTIONAL OR NOT, AND JUST PLAIN CAUGHT IN THE CRAZINESS OF IT.**

**IN DEALING WITH PASSIVE AGGRESSIVE BEHAVIOR, THERE ARE SEVERAL BASIC STEPS YOU CAN USE:**

- 1) THE FIRST IS TO SPECULATE WHAT MIGHT BE GOING ON FOR THEM UNDER THE SURFACE, THAT IS CAUSING THE BEHAVIOR. IF YOU LOOK AT YOUR LIST FROM #3 ABOVE, YOU CAN START TO GET SOME CLUES ABOUT THE OTHER PERSON. COMMONLY, IT HAS TO DO WITH BEING AFRAID IN ALL KINDS OF WAYS; LIKE BEING AFRAID OF GETTING HURT**

AGAIN, AFRAID OF MAKING THINGS WORSE, AFRAID OF GETTING ATTACKED, (IN WHICH THEY WOULD RATHER BE THE ATTACKER BEFORE GETTING ATTACKED), AND ALL KINDS OF THINGS IN THIS REALM.

- 2) NEXT, YOU WANT TO SPECULATE ON WHAT REWARD THEY MIGHT BE GETTING. FOR EXAMPLE, THE REWARD OF SEEMING SAFETY THAT COMES FROM ATTACKING, AND THEREFORE FEELING PROTECTED FROM BEING ATTACKED, AND ALL KINDS OF SIMILAR REWARDS IN THAT RANGE.
- 3) NOTICE THAT ALL YOU CAN DO IS SPECULATE, AS ONLY THEY KNOW WHAT IS REALLY GOING ON (AND SOMETIMES THEY DON'T EVEN KNOW WHAT IS GOING ON WITH THEMSELVES). ALL OF THIS WORK IS JUST TO HAVE YOU LOOK AT THE BEHAVIOR FROM DIFFERENT PERSPECTIVES VS. TAKING IT PERSONALLY. THERE IS ALMOST NOTHING PERSONAL IN PASSIVE AGGRESSIVE BEHAVIOR. THE BEHAVIOR IS MOSTLY OVER THERE WITH THEM. ONE THING THAT HAS TO DO WITH YOU IS HOW YOU REACT TO IT OR WHAT YOU MAKE IT MEAN ABOUT YOU.
- 4) TRY HAVING A STRAIGHT CONVERSATION ABOUT THEM HURTING YOU, OR UPSETTING YOU, OR WHATEVER THE CASE MAY BE, BUT BE RESPONSIBLE THAT THE WAY THAT YOU SPEAK IS NOT YOU BEING MORE OF THE SAME (YOU BEING PASSIVE AGGRESSIVE). ULTIMATELY, IT REALLY WORKS TO BE RESPONSIBLE FOR YOUR FEELINGS GETTING HURT AND BEING RESPONSIBLE FOR WHAT DOESN'T WORK FOR YOU, AND TRYING TO SAY IT IN A WAY THAT WOULDN'T HURT THE OTHER PERSON, THUS AVOIDING FALLING IN THE TRAP OF YOU DOING TO THEM THE SAME THING THEY ARE DOING TO YOU.
- 5) STAY CALM IN EVERY INTERACTION. USE SENTENCES THAT START WITH "I". "I GET HURT WHEN YOU TALK LIKE THAT." "I HAVE TOLD YOU I GET HURT WHEN YOU TALK TO ME LIKE THAT." "THAT MAY BE TRUE BUT IT HURTS ME WHEN YOU DO THAT." IF THEY PERSIST, YOU CAN CALMLY SAY, "SINCE I HAVE TOLD YOU I GET HURT WHEN YOU TALK TO ME LIKE THAT, CAN I ASSUME YOU ARE TRYING TO HURT ME BY REPEATING THAT?" THIS LETS THEM KNOW THAT THE BEHAVIOR IS NOT GOING TO BE ACCEPTED AND THAT YOU ARE GOING TO BE RESPONSIBLE FOR HAVING THINGS WORK FOR YOU VS. JUST TOLERATING THINGS THAT DON'T WORK. THE MORE GRACEFUL THAT YOU ARE WITH THE INTERACTION, THE MORE THEY CAN HEAR YOUR MESSAGE INSTEAD OF JUST REACT TO IT.
- 6) FINALLY, IT IS TIME TO DEAL WITH WHY YOU HAVE TOLERATED THIS BEHAVIOR IN YOUR LIFE. LOOK AT THE REASONS AND JUSTIFICATIONS YOU HAVE LISTED IN #4 FOR PUTTING UP WITH THIS BEHAVIOR. CONSIDER THAT, AT WORST, YOU MAY HAVE BEEN LOCKED IN BY SOME PASSIVE AGGRESSIVE BEHAVIORS OF YOUR OWN.

**TAKE RESPONSIBILITY FOR YOUR PART IN THIS RELATIONSHIP. YOU KNEW, TO SOME DEGREE, THAT THIS BEHAVIOR DID NOT WORK BUT CONTINUED, FOR YOUR “GOOD” REASONS, TO ENGAGE IN IT. EACH TIME YOU ENGAGED IN IT THEN, IT BECAME A MORE SOLID DYNAMIC IN YOUR RELATIONSHIP. WE ARE VICTIMS TO ANYTHING WE WILL NOT TAKE RESPONSIBILITY FOR. STOP BEING A VICTIM AND GET RESPONSIBLE FOR YOUR ROLE IN THIS PASSIVE AGGRESSIVE DANCE. WITHOUT YOU, THE OTHER PERSON WOULD NOT BE ABLE TO BE PASSIVE AGGRESSIVE WITH YOU. IT MAY BE THAT IF YOU PULL OUT OF THE CYCLE, THEY MAY EVEN TRANSFORM SOMETHING FOR THEMSELVES AND CHOOSE A MORE POWERFUL EXPRESSION VS. THAT BEHAVIOR. THE BOTTOM LINE, THOUGH, IS THAT YOU DO NOT NEED TO PLAY VICTIM TO IT. YOU COULD LITERALLY JUST STOP, CHANGE, RESTART.**

**IF THIS IS SOMEONE CLOSE TO YOU AND IN YOUR DAILY LIFE, THEN YOU WANT TO WORK WITH THIS FOR 21 DAYS AND REALLY COMMIT TO IT. GIVE IT ALL YOU HAVE. YOU NEED TO CREATE A NEW HABIT FOR YOURSELF. IT IS UP TO YOU TO BREAK THE PATTERN THAT HAS BEEN THERE. LIKE WHEN WE BREAK ANY HABIT, YOU MAY GO THROUGH WITHDRAWALS. PARTICULARLY WHEN YOU MAY HAVE BEEN ENGAGED IN THIS KIND OF RELATIONSHIP WITH SOMEONE FOR A WHILE (OR IF YOU HAVE MULTIPLE PEOPLE IN YOUR LIFE WHO YOU HAVE TOLERATED PASSIVE AGGRESSIVE BEHAVIOR FROM). CAPTURE ANY OF YOUR FEELINGS, THOUGHTS OR EMOTIONS ON PAPER, IN YOUR NOTEBOOK OR COMPUTER. WHEN YOU MAKE THE NOTE ABOUT YOUR OBSERVATIONS, THERE IS NOTHING YOU NEED TO DO ABOUT IT. THE POINT IS NOT TO CHANGE IT, RESIST IT, REJECT IT AND/OR MAKE IT WRONG. RESISTANCE SIMPLY GIVES THE EMOTIONS AND THOUGHTS MORE ENERGY. THE POINT IS TO OBSERVE AND NOTE IT FOR YOURSELF AND JUST LET IT BE.**

**THE ABSOLUTE COMMITMENT OF THIS EXERCISE IS THAT YOU BECOME MORE AWARE OF HOW PASSIVE AGGRESSIVE BEHAVIOR WORKS, SOME OF THE BEHIND-THE-SCENES “REASONS” FOR IT, AND WHY YOU HAVE ALLOWED IT TO CONTINUE IN YOUR LIFE. THIS IS ALL WITH THE INTENTION THAT YOU BE ABLE TO DEAL POWERFULLY WITH PASSIVE AGGRESSIVE BEHAVIOR INSIDE AND OUTSIDE OF YOU.**

**THE PRIMARY FOCUS OF THE EXERCISE IS TO OBSERVE. IN THE PRACTICE OF OBSERVATION, YOU WILL BEGIN TO CATCH YOURSELF ENGAGING IN PASSIVE AGGRESSIVE BEHAVIORS OF OTHERS. KEEP YOURSELF AS THE OBSERVER OF THE EXPERIENCE VERSUS THE VICTIM OF THE EXPERIENCE, AS MUCH AS POSSIBLE. THE MORE YOU NOTICE IT, THE MORE IT WILL HAVE A CHANCE TO DISAPPEAR. THE MORE YOU REACT TO IT, THE MORE IT WILL CONTINUE. (BY THAT I’M NOT SAYING THAT I AM SUGGESTING PUTTING UP WITH IT. I AM SAYING OBSERVE IT, AND THEN ADDRESS IT POWERFULLY).**

**IF YOU ARE INTENTIONAL ABOUT DOING IT WELL, WITH TOTAL RIGOR AND DISCIPLINE FOR THE 21 DAYS, YOU’LL HAVE RADICAL BREAKTHROUGHS IN**

**DEALING POWERFULLY WITH PASSIVE AGGRESSIVE BEHAVIOR  
INSIDE AND OUTSIDE OF YOU.**

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**WHAT ARE ALL THE INSIGHTS THAT YOU GOT OUT OF THIS EXERCISE IN  
POWERFULLY DEALING WITH PASSIVE AGGRESSIVE BEHAVIOR?  
MAKE SURE YOU PUT WHAT YOU SAW FOR YOURSELF TO WORK RIGHT  
NOW!!! NEUROSCIENTISTS HAVE PROVEN THAT IF YOU DO NOT ACT ON AN  
INSIGHT RIGHT AWAY, IT IS LOST TO YOU.**

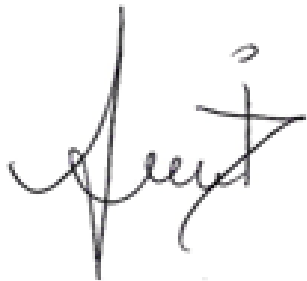
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**LASTLY, FROM ME TO YOU;**

**THANK YOU SO MUCH FOR TAKING THE TIME AND USING MY TOOLS TO  
CREATE SOME IMPRESSIVE RESULTS IN YOUR LIFE. THAT IN ITSELF  
CONTRIBUTES TO ME AND ALLOWS ME TO FULFILL ON MY LIFE'S PURPOSE,  
WHICH IS TO SERVE YOURS!**

**IF YOU WOULD TAKE THE TIME TO EMAIL ME BACK AND GIVE ME YOUR  
FEEDBACK, IT WILL MAKE A TREMENDOUS DIFFERENCE FOR ME AND MY  
CREATING MORE AND MORE THINGS TO SERVE WHAT I LOVE (OUTSTANDING  
PEOPLE UP TO BIG THINGS LIKE YOU)!!**

**HONORED TO BE YOUR PARTNER IN MAXIMIZING OUR POTENTIAL,**

A handwritten signature in black ink, appearing to read 'Carolina Aramburo', with a stylized flourish at the end.

**CAROLINA ARAMBURO**