

Passive-Aggressive Communication Style Examples

1. **Complaining indirectly:** Expressing discontent to others rather than to the person involved.
Example: "I guess some people just don't care about deadlines."
2. **Procrastination as a control tool:** Intentionally delaying tasks as a form of resistance.
Example: "I'll get to it eventually, no need to rush."
3. **Sarcastic remarks:** Using sarcasm to mask true feelings.
Example: "Great job on that report, just like always."
4. **The silent treatment:** Withholding communication to express disapproval.
Example: Ignoring someone's attempts to converse.
5. **Backhanded compliments:** Giving compliments that actually feel like insults.
Example: "You finally did something right for a change."
6. **Sullen behavior:** Displaying moodiness or sulking to convey discontent.
Example: Sighing heavily when asked to participate.
7. **Non-verbal cues:** Using body language to show displeasure, like eye-rolling.
Example: Rolling eyes in response to a request.
8. **Sabotaging others' efforts:** Deliberately hindering progress subtly.
Example: "I forgot to mention that deadline, sorry."
9. **Feigning ignorance:** Pretending not to understand to avoid responsibility.
Example: "I had no idea you needed that done today."

10. **Leaving ambiguous messages:** Communicating in a way that's open to interpretation.
Example: "Do whatever you think is best, I guess."
11. **Withholding information deliberately:** Not sharing needed information as a form of control.
Example: "I thought you knew how to do it."
12. **Neglecting responsibilities:** Ignoring duties to express resentment.
Example: "I didn't think it was that important to finish today."
13. **Reluctant agreement:** Agreeing to tasks but with obvious reluctance.
Example: "Fine, I'll do it, but don't expect much."
14. **Undermining authority subtly:** Showing disrespect to authority in indirect ways.
Example: "Sure, I'll follow your 'expert' advice."
15. **Passive-aggressive jokes:** Making jokes that are actually veiled criticisms.
Example: "Just joking, but seriously, you should know better."
16. **Playing the victim:** Portraying oneself as the unfairly treated party.
Example: "I'm always the one who has to sacrifice."
17. **Excessive criticism:** Criticizing excessively but cloaking it as 'helpful feedback'.
Example: "I'm only telling you this for your own good."
18. **Withholding praise or acknowledgment:** Not recognizing others' efforts intentionally.
Example: Ignoring someone's achievement in a group setting.
19. **Overly polite yet insincere communication:** Being excessively polite to mask true feelings.
Example: "Thank you soooo much for your 'valuable' input."
20. **Avoiding direct confrontation:** Steering clear of addressing issues head-on.
Example: "It's fine, I don't want to make a big deal out of it."