

# Human Behavior

## Passive



The word meaning 'passive' was derived from a Latin word meaning 'to suffer,' which is an accurate description of what often results from passive behavior. Passive behavior is behavior that moves against the self. Passive people frequently give up important parts of their own personalities to avoid disapproval or criticism so others will like them.

### Examples:

- **Physical Passivity:** An individual may walk out, leave the room, sleep too much, or withdraw by using alcohol or other drugs. Another way to be physically passive is to receive physical abuse without defense or protest.
- **Verbal Passivity:** A verbally passive person "keeps quiet." If you're passive in your communications, you withhold feedback. Verbal passivity also involves such behaviors as hinting, pretending to understand, and lying.

## Aggressive



Aggressive behavior is behavior that moves against others, so that they may establish superiority over them. Aggressive behavior says, "I have the right to patronize you, put you down, dominate you, or humiliate you in order to get what I want." The aggressive person has few internal restraints and recognizes few external limits.

### Examples:

- **Physical Aggression:** Includes: murders, assaults, spouse/child abuse, etc...
- **Non-Verbal Aggression:** Individuals move against others simply by facial expression, by their gestures, or by their tone of voice.
- **Verbal Aggression:** Verbal Aggression takes several forms: insults, put-downs, profanity, blaming, sarcasm, etc...

## Passive Aggressive



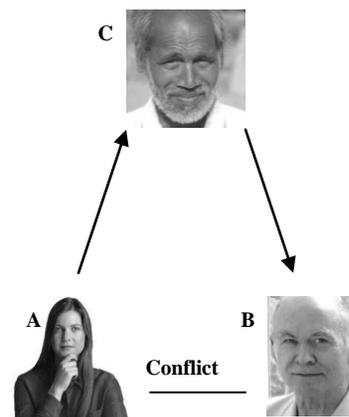
Passive aggression is a subtle kind of aggression, an underhanded way of moving against another person or manipulating others to get one's own way. Passive aggressive behavior is using undercover means to get a way without expressing the true intentions in a straightforward manner.

### Examples:

- **Procrastinating, forgetting, & dawdling:** One attempts to get their way by inactivity.
- **Pouting:** People who pout deny that anything is bothering them. If you ask what's wrong, they answer, "Nothing."
- **Silent Treatment:** A person who uses the silent treatment is trying to punish the other, trying to inflict pain. It is successful because it shuns and ignores the other party. Silent treatment is a way of saying, "You're not even here."

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## Triangulation



Triangulation is the failure to resolve conflict between two persons (A & B) and the pulling in of a third person to take sides (C). This is a boundary problem because the third person (C) has no business in the conflict, but is used for comforting person 'A'. Furthermore the third person (C) may be used by person 'A' to place influence and control on person 'B' on their behalf.

### Results:

Gossip, manipulation, etc...

### Solution:

Scripture shows that a simple way to avoid triangulation is to always talk to the person with whom you have a conflict first (Matt. 18:15). Work it out with the person and only if he/she denies the problem, talk to someone else to get insight about how to resolve it; not to gossip & bleed anger

**Sources:** Koch & Haugk, *Speaking the Truth in Love* (Stephen Ministries, 1992), 15-26. Henry Cloud, *Boundaries* (Zondervan, 1992), 127-129.

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## Assertive



Assertive behavior is integral and essential to the Christian lifestyle. Assertive behavior is behavior that honors the self while honoring others. Assertive behavior is a constructive way of living and relating to other people. It reflects your concern about being honest, direct, open and natural in your relations with others.

### Characteristics of Assertiveness:

- Believe you have options
- Proactive
- Motivated by Love
- Stand up for truth w/o anxiety
- Integrity
- Accept own limitations and the limitations of others
- Practice self-revelation
- Can choose to behave assertively, aggressively or passively