

# WHY IS SHE SO UPSET WITH ME?

A Short Guide to  
Understand  
The Impact of Passive  
Aggression in Your  
Relationship



Nora Femenia, Ph.D.  
CREATIVE CONFLICT RESOLUTIONS, INC.

“Why Is She So Upset With Me?”

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Aggressive Behavior in Your Relationship***

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## Introduction

So, you want to know what's with this crazy war between you and your wife, the one where she can't stop bombarding you with accusations of some outrageous behavior called "passive aggression."

We can understand your desperation; this war for the territory for who is right has invaded every conversation, every minute of your life at home... and you're stuck without reinforcements of any kind, wondering what to do to stop her endless claims!

Probably, it's not that you don't see the behavior that she's talking about, but that you understand it as your personality, which means you can't change something you don't control. This is why you're going crazy: why would she marry you if she had such a problem with your personality? Why is it that she is only just now realizing that this is your usual style of communication?

We know what you're thinking: Reading all that chick lit has filled her head with the wrong ideas about how men communicate, and now she expects you to share "feelings" and "emotions" with her.

Any interaction with her is now a minefield; she's constantly measuring up everything you say, comparing what she sees with what she expects so that you always fall short in her evaluations. The demand on you is constant and relentless, and if she thinks that by pushing you to no end she can produce the miracle of transforming you into a female communicator... Boy, is she wrong!

The worst of it is, she doesn't even realize that her behavior, pushing and prodding you

to insanity, is what is *producing* your hostile silence... even if you manage to smile or look calm, all this pressure is making you boil inside. Why is she making you feel so inadequate? Why can't she stop putting you down as a "passive aggressive husband"?

If she is accusing you of being passive aggressive...

Perhaps you could use having some conversations with a neutral coach...



A coach able to explain to you what's going on; why she is growing up a tall pile of resentment, giving you the tools to stop it now!

If this is so, ask for your Save My Marriage session now, at:

<http://passiveaggressivetest.com/save-my-marriage-session/>

### ***Passive aggressive husband?***

You are sick and tired of hearing this label being applied to you. For years, she was satisfied with your marriage, and now, due to so many silly websites and newsletters and whatnot, she has become an "expert" in the list of traits of this behavior. Now, she has a new weapon each day, finding something in you to label as "passive aggressive."

Did you forget to bring something from the grocery store? So, you sabotaged her dinner preparation!

Do you prefer to watch TV when you get home, just to unwind and get rid of the stress of your job? So, you are ignoring her needs to talk!

Has your style always been to make money decisions by yourself, and then, if need be, tell her later? So, you are nefariously excluding her from the decision-making process by shutting her off from marital decisions!

Are you the strong, silent type of guy? That used to be the ideal man in every man, right? Now, you are the prototype of the passive aggressive man: closed, reserved, and condemning her to the “silent treatment.”

What a headache! Are you in this trap? Do you want to know more?

Let's talk about your usual, “strong and silent” responses to her attacks.

***Here is your number one response:***

After using long, convenient silences during her attacks, you can use “line two” of retaliation: Say yes to all her requests. Promise whatever she is asking for, then walk out and forget. When she claims that you don't deliver, you have ready a list of excuses:

- It got late;
- I had other tasks to do;
- Store was closed; item was not there;
- It was raining, etc.

But what if she is coming back to you with endless claims of vital, important promises that are going unfulfilled?

***Here is number two response:***

You need to get hold of the dispute immediately. So, you escalate the dispute using a fast and aggressive response:

You scream at her and yell:

***“I never promised you such a thing! You are inventing things!”***

Your intention here is to shift the responsibility to her shoulders and make her the person guilty of the fight, because she is too demanding, asking too many things from you, like expecting you to do household chores, or sharing child care, or else.

You can squash her expectations with fast and aggressive responses, as to disconcert the enemy: begin raising your voice, look extremely upset and angry, and yell at her, not letting her answer back. This show of negative emotions will keep her quiet for a long time.

***Here is number three response:***

Did it ever occur to you that your spouse uses some passive aggressive behavior herself, against you, because she is not able to communicate directly with you? Many times, she doesn't know what she is asking for!

That must be the reason she is not direct, or clear in her requests... How can she expect that you deliver if she is confusing? Either you can accuse her of being “a passive aggressive wife,” or you can use this label to justify yourself: Now, it's very clear that she doesn't deserve you taking time to talk to her. It's better be silent for a long time, so she can learn the lesson!

**IN SHORT:**

In the previous lines, we described some passive aggressive behaviors, used by you most of the time and so “natural” for you that you expect not to be challenged doing this behavior.

The end purpose of using this behavior is to teach your wife her role in your life. She will learn with time that to keep the peace she needs to keep herself busy and don't load you with inconsiderate requests all the time, so you can live a life less burdened by

domestic requests, and more of your liking.

If you see yourself reflected in this, you should read on to see what your wife is seeing from her side, so that you understand this reaction to your behavioral style.

## **LET'S SEE THE SITUATION FROM THE OTHER SIDE:**

We need to understand the most important question of the age: What is it that women want from their husbands?

**#1: They want peaceful communication; that is, they want the reverse of making each difference a competition for “who is right”:**

*“I personally do not like confrontation and have never liked it. It is much easier to deal with my demanding husband by saying yes to whatever he proposes (and then forget the issue), than to say no to his request and be yelled at.”*

Has your spouse learned that it is better to “Yes” you to death than to deal with your getting angry at her? This might be part of your own perception of losing control over her, or over the marriage, or being out of the loop on most of the events that happen under your marital roof. She is no longer “letting things go,” and is seeking open confrontation as an effort to have fewer hidden, secret power wars in your marriage.

**#2: Women want emotional connection (the “chick lit guy”). They want the feeling that you are there, reacting with your emotions and your brain to the usual life incidents of everyday life.**

Difficult? Yeah, especially when you have dedicated your better efforts to control and suppress your own emotions to the point you don't recognize them any longer. Childhood hurts and wounds? They are now completely forgotten, filed under the label “past issues.”

It is useful to YOU, when you're single, to keep your own negative feelings at bay, so that you can repress any traumatic past episode that hurt you way back. It is NOT useful when you are in a relationship, and your own feelings are part of the deal. The

same connection that makes her your spouse is what demands that you open the door of repressed feelings and connect with them. People connect by sharing who they are, warts, wounds and all...

Of course, for you this is akin to death. You will ignore this gap and do nothing to soften your necessary cold response. However, there's a **WARNING**: Given that your wife, and every other woman, wants an emotional connection from a marriage, your response of choice will condemn any relationship you try to have to failure.

**#3:** Women need to have a partner who shares intellectual and emotional responsibility for all the marriage aspects: relationship, children, finances, jobs, housing, etc.



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Here is where the rubber hits the road, the true test of traction and forward progress. This is when the real test of any relationship comes down to a wife's practical questions:

1. Is he committed to the marriage as much as I am?
2. Does he give his all when there are challenges?
3. Is he putting other people's needs, especially children's needs, ahead of his own?
4. Is he able to identify with other people's pain, feel empathy and act to heal it?
5. How deeply can he understand my needs and fears?

You, and only you, know your true answers to the 5 questions... If you got more than two negative answers, you know where you are, so keep reading!

## **CONCLUSION:**

This is a message for any of the passive aggressive husbands who are reading this blog (or whose wives are). Perhaps you haven't really been following our blog; you've just been sneaking peeks at this "weird site" your wife has been reading and getting "crazy ideas" from.

By now, if your wife has shared with you what's on this blog, if you've taken our [Passive Aggressive Test](#), or if you've just been doing research on your own, you may be beginning to see the truth about your own behavior. You may not want to admit that you have passive aggressive behaviors, but you can still admit that something is not right between you and your partner. No matter what, your marriage is at stake at the moment you're reading this.

If you still haven't acted, try to think about what you are facing now. Something is wrong in your relationship: what happens if you don't fix it?

It is easy for people to think that problems will go away if we let them drift under the rug, but that can't happen if we are consistently the ones causing a recurring, troublesome situation.

If we get to the point in which you can accept that there is a lack of emotional connection on your side, and perhaps you consider that something needs to be changed, can you answer this question:

What is preventing you from opening up to yourself and your wife about your situation? If you had a condition passed down to you from your parents (such as hair loss), would you have problems admitting that?

We've been talking a lot about how passive aggression is taught to people by their parents. In terms of origin, admitting to your (learned) behavior is not so very different from admitting to hereditary hair loss. The challenge is that you have adopted this style, made it your personality and even got some benefits from it.

Well, the game is over, and the other side now knows the core dynamics of this empty marriage, as being originated on your defensive passive aggression. You can't hide any longer, or produce confusion to obscure your behaviors, or deny.

We understand that the hardest thing to admit to yourself can be that you've been hurting your own family all this time you were hidden under passive aggressive behaviors. Do you still think that your behavior is more useful to have a happy family?. If you keep now acting in the way you've always acted, how could you ignore the impact on the people you love?

**If you didn't mean to hurt someone, do you still have to take responsibility?**

Unfortunately, being an adult means that you **DO**.

**This is why we take the time to tell you that, even if you don't agree with her needs, you are not meeting your wife's needs and that hurts her deeply. You can't tell her to stop needing that just because her needs are different from you. Or would you rather divorce her and go out and find someone who is an exact copy of you, whom you can live with "safely"? Why not marry a wall, if that's the case?**

**Is accepting our actions painful, difficult?** Yes. It's always hard to admit that we're doing something damaging to someone else, even unwittingly.

It makes us feel less than worthy. But think: your wife hasn't rejected you now. And she's telling you that **she's willing to work it out** if you'll only open up to healing your behavior.

Isn't some fear about being rejected better than ACTUALLY being rejected when you can't face up to hurting your family?

We know it may take you a while. But every journey starts with a single step, and here you have the best next step.

["MY HEALTHIER MARRIAGE COACHING PROGRAM"](#) is ready for you. You can talk now to one of our coaches to see if the system is right for you and your family., and will finish this phone session with a map of the basic conflict and suggestions to produce some positive changes fast.

Whatever you do, it can only be seen as a positive move. You are taking responsibility for the future of the relationship, open to examine your own role, and asking for some time to consider what changes need to be done.

What else can you ask for? Go ahead, and subscribe now! Your family will be happier and you will feel better, we guarantee this result!

**Nora Femenia, Ph.D.**

Creative Conflict Resolutions, Inc.

2805 E. Oakland Park Blvd, # 430

Fort Lauderdale, FL, 33306

Phone : 954 607 2183

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