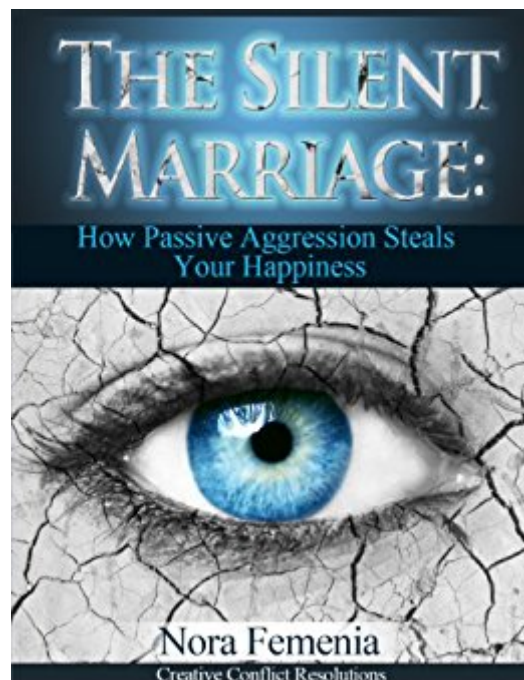


The book was found

The Silent Marriage:: How Passive Aggression Steals Your Happiness, 2nd Edition (The Complete Guide To Passive Aggression Book 5)



Synopsis

It's only recently that the real impact of passive aggressive behavior on a relationship has been identified in all of its destructive impact. This behavior is particularly hard on women subject to the silent treatment, cold shoulder, or other ways of emotional withholding from their partner. It causes women to develop a progressive feeling of isolation, of being left emotionally dry and bereft precisely in the most intimate of relationships. Whatever the degree of emotional detachment they experience, the impact on their self-esteem is very profound and long lasting. In this new, revised edition this book actually describes the frustration of your emotional needs caused by the silent marriage, followed by mental confusion, imprecise guilt feelings, the impression of walking on eggshells to avoid being rejected, together with extreme loneliness and constant sadness to no end. This is an important book because it builds on cold shoulder as the main toxic behavior, going to describe the whole passive aggressive marriage and its impact on your self-esteem and well being. Even when you don't consider his withholding of connection a kind of abuse in marriage, the fact that spouses are emotionally dependent on each other for love and support makes you chronically starved for his love and attention. You can even wonder if this is his way to control your happiness in life? In this case, resentment creeps in and destroys any remaining trust. Once you can identify these emotional states, you can go on learning strategies and alternatives to counter his passive aggression communication style, without resorting to violence, begging or other tricks. It will also give you a map that could actually help your partner to see through his behavior and understand what he is doing to sabotage the marriage. Overall this expanded and revised 2015 edition is full of practical tips and strategies to protect yourself and motivate you to be happier with or without him. It will help you to move your relationship from the current standstill to a place where you can enjoy a better experience with more love and respect.

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Customer Reviews

This book is a very important read for any wife who has already figured out her husband is a passive aggressive, any who are trying to figure out the problem and ESPECIALLY good for those who plan to stay in the marriage with a passive aggressive husband. ANY WIFE THAT PLANS TO STAY, I highly recommend that you also read the second book which deals with how to handle passive aggressive behavior--because if you stumble around in it like I did, it will do great damage!!! So be informed--it's not enough to know that he is passive aggressive, you have to understand the effects on you long term and how to minimize the effect -if that's possible--to protect yourself. I personally am finally ready to leave. I figured out back in 2008 that my husband was passive aggressive not in the lay--annoying way, but in the serious you are wreaking havoc on me and our marriage and doing all the things described kind of way! Unfortunately he didn't want to hear it and so didn't read or take in any of the information. Fast forward five years and now he read the same article (I gave him again) and suddenly said ok, this sounds like me--it helps that a marriage counselor said he saw some passive aggressiveness in my husband and I had just calmly said to him- ok, I'm can't do this anymore. Unfortunately, it still did no good, he just suddenly started to use passive aggressiveness as an excuse for everything and then finally reverted back to saying he didn't even see how certain behaviors were even passive aggressive and of course with that reversion we're back to everything being my fault. Whatever, I don't care anymore, it's been 25 years of hell--sure everyday wasn't hell because they have to be charming sometime to reel you back in--but it always comes back.

My husband breaks his promises, puts things off, is taciturn, occasionally gives me the silent treatment, and refuses to have sex with me. At my wit's end, I was told by a marriage counselor that my husband has passive-aggressive personality disorder, or PAPD, a deformation of character. Hearing an actual diagnosis should have been a relief, as with a diagnosis one would expect a treatment. Unfortunately, that was not the case. Finding sensible advice was impossible, and I lived in despair for years searching in vain for answers and spent years nagging and appealing to my husband for fairness. Then I came across a blog and a series of small tomes by Dr. Nora Femenia. I wholeheartedly recommend reading all of Dr. Femenia's books, in particular, *The Silent Marriage*. In it, Dr. Femenia suggests strategies that will restore dignity to both partners. The most important, I felt, is to think of the passive aggressive as "a wounded, cornered animal" and to treat him well. Since passive-aggression has its roots in severe psychological abuse in childhood, using a tender touch with a passive-aggressive husband will afford him a measure (perhaps his first measure) of safety and security. This and other tactics recommended by Dr. Femenia will not cure the passive-aggressive, but it will make a relationship with him easier and less contentious. A caveat: *The Silent Marriage* is for the passive aggressive's partner. Dr. Femenia's "Stop Your Passive Aggression" (<http://norafemenia.com/books/stop-your-passive-aggression/>) is geared toward the husband. I have not read this book so I cannot speak to it but, but it seems obvious to me that regardless of how much better a relationship can get when a wife follows Dr.

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