At the MRC, we sometimes speak with students who encounter **passive aggression**, which is defined as: *type of behavior characterized by indirect resistance to the demands of others and an avoidance of direct confrontation.*

**Passive Aggressive Behaviors**

Examples brought to you by:

**Mediation Resource Center**

Mediation  Resource  Center

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To avoid using passive aggression, try using direct confrontation.

If you need help with this first step, come talk to us.

Mediation Resource Center: Where CONFLICT meets COMPROMISE