

Passive Behaviors

Voice - weak, hesitant, soft, sometimes, wavering.

Eyes - averted, downcast, teary, pleading.

Stance - lean for support, twisted.

Posture - stooped, "shrunken", sagging, excessive head nodding.

Hands - fidgety, fluttery, clumsy.

Feet - shuffling, restless motions, tucked under chair, toed-in, swinging back and forth.

Your feelings when you engage in this behavior.

hurt, anxious at the time and possible angry later.

The other person's feelings about themselves when you engage in this behavior.

guilty or superior.

The other person's feelings about you when you engage in this behavior.

irritation, pity and disgust.