



# Is Your Relationship Passive-Aggressive?

1. Does your partner often avoid direct communication and instead express displeasure through sarcasm or subtle digs? ☐ Yes ☐ No ☐ Sometimes
2. Do you feel confused or guilty after asking for something reasonable in the relationship? ☐ Yes ☐ No ☐ Sometimes
3. Does your partner agree to do things but then procrastinate or “forget” repeatedly? ☐ Yes ☐ No ☐ Sometimes
4. When you express hurt or frustration, does your partner dismiss it or respond with silence? ☐ Yes ☐ No ☐ Sometimes
5. Do you feel like you’re walking on eggshells, unsure how your partner will react to honest conversations? ☐ Yes ☐ No ☐ Sometimes
6. Does your partner often say “I’m fine” when clearly upset? ☐ Yes ☐ No ☐ Sometimes
7. Do you notice your partner using guilt or subtle blame to get their way instead of direct requests? ☐ Yes ☐ No ☐ Sometimes
8. Does your partner avoid conflict but later retaliate in subtle or emotionally distant ways? ☐ Yes ☐ No ☐ Sometimes
9. Do you feel emotionally punished or ignored after expressing a boundary or need? ☐ Yes ☐ No ☐ Sometimes
10. Despite repeated emotional discomfort, do you find yourself hoping they’ll change if you’re more patient or understanding? ☐ Yes ☐ No ☐ Sometimes

**Are Your Answers Mostly “Yes”?:** These patterns may indicate a passive-aggressive dynamic that undermines emotional safety. Consider assertive communication and boundary support.

**Are Your Answers Mostly “Sometimes”?:** You may be experiencing inconsistent emotional signals. Reflect on how this impacts your self-trust and relational clarity.

**Are Your Answers Mostly “No”?:** Your relationship may not be characterized by passive-aggressive behavior, but continued self-awareness and open dialogue are always valuable.

*This quiz is for educational and self-reflective purposes only. It is not therapeutic advice.*