

Passive-Aggression Questionnaire

How often do you think or act in the following ways?

	Never	Sometimes	Often
1. When you want to avoid an obligation, you make an excuse instead of telling the truth.			
2. You suppress your anger rather than express it.			
3. You get into trouble for not keeping promises.			
4. You feel unappreciated.			
5. You get angry when people give you suggestions or "constructive" criticism.			
6. You feel that people don't understand you or your feelings.			
7. You feel that your misfortune is greater than other people's misfortune.			
8. Even when things are going well for you, life seems gloomy.			
9. You make sarcastic jokes about other people.			
10. You blame other people for your setbacks and failures.			
11. You agree with someone, but then side with others against that person.			
12. If you don't like a certain task, you do it so inefficiently that people just give up asking you to do it.			
13. You feel that people don't give you enough credit for the good job you do at work.			
14. You have problems with authority figures.			
15. You promise other people you'll do certain things, but you don't get around to doing them.			

Scoring: Assign zero points for every **Never**, one point for every **Sometimes**, and two points for every **Often**.

1–9 You generally deal with your negative emotions well.

10–19 You show occasional passive-aggressive behavior, which is probably harming you and others.

20–30 You have many passive-aggressive habits that need changing. These habits are sabotaging you and creating large problems for others.