

Healing Passive Aggressive Behaviour Holistically

Young Deepak was excessively overweight and was always the butt of jokes among his friends. But he found effective healing at De Mantraa.

During the course of his holistic healing treatment at De Mantraa, it was discovered that his eating and sleeping issues were primarily related to 'passive aggressive behaviour' (PAB). He was unable to follow any diet regimen or be consistent with any modality of treatment that could assist him in losing weight.

He would, purposefully, remain disorganised and undisciplined, and run away from anything that expected him to be regular. Mindlessly, he would engage in activities that would increase his weight — after a brief phase where he had managed to stay within limits — as if to ensure that any progress he made, came undone.

Delving into the issue and analysing the root cause of Deepak's extreme behaviour, De Mantraa found that he rebelled against anything that made him feel 'restricted' or where he was forced to 'follow'.

The cause dates back to his childhood spent with his father who was essentially a 'micro-oriented perfectionist'. He was a man with excessively rigid views, who didn't explain the underlying reason of any decision made, irrespective of whether it was an attempt to instill values and discipline Deepak to excel in life.

However, Deepak perceived it as lack of compassion and felt extremely misunderstood by his father. Since, as a child, Deepak could not resent

to fulfil seemingly unjust or unfair demands. Milder expressions involve reactions and agitated responses to a normal situation, while extreme ones involve harming oneself to invoke guilt in others.

Indicators of PAB include: Bottling up real feelings, procrastination, making intentional mistakes instead of saying a 'No', feeling that everything is a jibe at oneself, complaints of injustice and lack of appreciation, or disguising criticism with compliments.

"Listen to your elders, you don't know the world", "We are your wellwishers not your enemies" or "You will be spanked if you repeat that". We all have been at the receiving end of such statements or their variants in our life.

However, the way we cope with them is subjective; being timid, we may accept the authority, or being free-spirited, we

may rebel. The 'social norm', as we grow up, forces us to mask and hide these expressions, giving rise to what's called PAB.

The result? The unspoken power struggle surfaces in different ways — ranging from sarcasm and 'the silent treatment' to sabotaging our own progress.

What parents think is obstinacy and stubbornness, may actually be an inability to understand the demands made by children, or the responsibilities they have to shoulder.

Once Deepak was made to understand this, his relationship with his father also improved, and his issues got resolved holistically.

What's more, Deepak also suc-



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