## PASSIVE-AGGRESSIVE




## Instrumentation

Flute 1,2
Oboe 1,2
Clarinet in Bb 1,2
Bassoon 1,2
Horn in F 1,2,3
Trumpet 1,2
Trombone 1,2
Tuba
Timpani
Percussion 1,2,3,4
Violin 1
Violin 2
Viola
Violoncello
Double Bass
Percussion List:
Snare Drum, Suspended Cymbal 2
Bass Drum
Whip, Triangle 1 Suspended Cymbal 1
Tom Toms, Suspended Cymbal 3, Triangle 2
duration: ca. 5:00
Transposed Score

## Program Notes

## Passive-Aggressive

Being a beahvioral health practitioner for over 30 years, I compose music meant to not only evoke feelings, but also for the purpose of education and encouragement of self-observation. I see music as a way to help one move away from embarrassment, shame, and guilt while taking a look at one's own behavior. Passive-Aggressive is a composition that begins with the sound of a person who is happy and carefree in a conflict-free environment. We know that life is not conflict-free. The passive-aggressive person will deny ever being angry "I'm easy-going - things don't bother me." As the music progresses, the brass and percussion sections of the orhestra change the rhythm as an illustration of someone disagreeing and causing a conflict. You will hear dissonance among the orchestra as the passive-agressive person uses sarcasm (indirect anger), does not say "no" but does not do what is asked, or makes excuses rather than saying directly what is on his/her mind. There is an inner struggle to stay pleasant even though anger and distress are increasing and tend to leak out in "subtle digs," sounded by the brass, percussion, and low strings. At times there may be an attempt to find a sympathetic ear as the violin solo begins with strings and woodwinds adding a portrayal of the person lamenting the unfairness of the disagreeing person. If help is not sought for positive changes to occur, the continuation of passive-aggressive behavior can lead to bitterness, poor relationships, unsatisfactory work or academic performance, and continued feelings of insecurity and unhappiness. The music continues to intensify to the end, mimicking the anger that grows within the person who refuses to change. Not surprisingly, depression and anxiety can result.

Passive-Aggressive








F. Hn in F 1



Sn. Dr. $\mid$ Pr.













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