

Exploring passive aggressive white knights

Posted by ToAdd - 31 Oct 2011 09:04

Hi All

After much self-diagnosis I have found something which may be common to many people here.

Several people have mentioned that, like me, they have passive aggressive tendencies.

I recently found something that link this to addictive behaviour.

Both of these are symptoms of White Knight Behaviour.

Do you find that you are in need of being rescued? Do you find that you are often in relationships with people that need rescuing?

Basically, the way I understand it, is as follows:

When children have difficult relationships with their primary caregivers – in my case I was unable to communicate my issues with my parents, my mother would always turn on the guilt and say things like “Are you saying I was a bad mother? I gave up everything for you and this is how you treat me.” So I found other outlets for my feelings.

One possible way of expressing “I need help” without making myself a burden on my parents was to find someone to rescue. I would have a relationship with someone that needs help, but then once they no longer needed help, things would end painfully.

This is the White Knight. Someone tries to rescue others in an attempt to either cover up or solve their own issues.

The White Knight can often either be someone with a history of addiction or someone who turns to addiction. The rescue relationship is often very dramatic and exciting and when it is over, the hero turns to something else to substitute the rush.

How many people here are using this addiction as an escape from painful relationships? I would be very surprised to hear that my case is unique.

I found the following blog very interesting: www.psychologytoday.com/blog/the-white-knight-syndrome

First article is at the bottom of the page.

ToAdd

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Re: Exploring passive aggressive white knights
Posted by ontheedgeman - 31 Oct 2011 12:58

This is typical co-dependent behavior , isn't it? The addiction becomes other people and their problems, trying to fix them. Avoiding the real issue, which is our own sick minds.

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Re: Exploring passive aggressive white knights
Posted by ToAdd - 01 Nov 2011 06:01

That is looking at it from one side, yes - A sick mind that seeks another to project the problem onto.

I'm saying the opposite also happens - the white knight turns to sick behaviour when the rescue fails.

And it gets worse - what when two sick people perpetuate each others behaviour. And with the way the 'normal' world views intimacy, this is going to spiral out of control

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Re: Exploring passive aggressive white knights
Posted by DovInIsrael - 01 Nov 2011 13:29

wow!

great stuff!

just curious - if the white knight is someone who looks to save others...

does that mean the black knight is someone who looks to criticize and put others down?

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Re: Exploring passive aggressive white knights

Posted by ToAdd - 02 Nov 2011 06:47

They are the same knight.

Once the 'victim' has been saved, the knight needs to do something to keep her- and this often results in either physical or emotional abuse of the other.

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