

Does Your Guy Have Nice Guy Syndrome?

Although not all Nice Guys are the same, most possess these qualities:

Nice Guys seek approval from others. A universal trait of the Nice Guy Syndrome is the seeking of validation from others. Everything a Nice Guy does or says is at some level calculated to gain someone's approval or avoid disapproval. This is especially true in their relationships with women.

Nice Guys avoid conflict. Nice Guys seek to keep their world smooth. To do this, they avoid doing things that might rock the boat or upset anyone.

Nice Guys believe they must hide their perceived flaws and mistakes. These men are afraid that others will get mad at them, shame them, or leave them if any mistake or shortcoming is exposed.

Nice Guys seek the “right” way to do things. Nice Guys believe there is a key to having a happy, problem-free life. They are convinced that if they can only figure out the right way to do everything, nothing should ever go wrong.

Nice Guys repress their feelings. Nice Guys tend to analyze rather than feel. They may see feelings as a waste of time and energy. They frequently try to keep their feelings on an even keel.

Nice Guys often try to be different from their fathers. Many Nice Guys report having unavailable, absent, passive, angry, philandering, or alcoholic fathers. It is not unusual for these men to make a decision at some point in their lives to try to be 180 degrees different from Dad.

Nice Guys are often more comfortable relating to women than to men. Due to their childhood conditioning, many Nice Guys have few male friends. Nice Guys frequently seek the approval of women and convince themselves they are different from other men.

Nice Guys have difficulty making their needs a priority. These men often feel that it is selfish to put their needs first. They believe it is virtue to put other's needs ahead of their own.

Nice Guys often make their partner their emotional center. Many Nice Guys report that they are only happy if their partner is happy. Therefore they will often focus tremendous energy on their intimate relationships.

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Why Nice Guys Aren't So Nice

A Nice Guy sounds like a dream come true for most women, especially those who have had bad experiences with men. But if he seems too good to be true, he probably is.

Nice Guys are dishonest. These men hide their mistakes, avoid conflict, say what they think people want to hear, and repress their feelings.

Nice Guys are secretive. Because they are so driven to seek approval, Nice Guys will hide anything that they believe might upset anyone.

Nice Guys are manipulative. Because Nice Guys tend to have a hard time making their needs a priority and have difficulty asking for what they want in clear and direct ways, they frequently resort to manipulation when trying to get their needs met.

Nice Guys are controlling. A major priority for Nice Guys is keeping their world running smoothly. This creates a constant need to try to control the people and things around them.

Nice Guys give to get. Though Nice Guys tend to be generous givers, their giving often has unconscious and unspoken strings attached.

Nice Guys are passive-aggressive. Nice Guys tend to express their frustration and resentment in indirect, roundabout, and not so nice ways.

Nice Guys have difficulty setting boundaries. Nice Guys have a hard time saying "no" or "stop." As a result they often feel like helpless victims and see the other person as the cause of the problems they are experiencing.

Nice Guys are often terrible listeners. They are too busy trying to figure out how to defend themselves or fix the other person's problem to really just listen.

Nice Guys have issues with sexuality. Though most Nice Guys deny having problems with sex, they tend to be dissatisfied with their sex lives, have a sexual dysfunction (can't get or maintain an erection, climaxes too quickly), or have sexually acted out (through affairs, prostitution, pornography, compulsive masturbation, etc.).

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