

WHY BEING NICE DOESN'T PAY

Could you be a nice person who isn't getting the results you deserve? Let's see.

Are you a caregiver who always puts other people before yourself? Are you always there for others, never late or unreliable? Do you hate to argue or fight? Do other people describe you as a nice person or a good person?

Despite all that, do you experience difficulty with relationships? Do you feel dissatisfied with your life? Is your health suffering because you don't look after yourself like you know you should? Does everyone else have to be happy before you allow yourself to be happy?

If that sounds a bit like you then read on, I have some great news for you.

If I am nice to people, they will like me and be nice to me in return.

That is the underlying belief of a nice person. That sometimes works and it sounds like a great principle. One that's hard to argue against. Sadly though, it doesn't work in practice.

I'm sure you can think of countless examples of good people that didn't get what they deserved. Good people that die from illness before their time. Good people that enter politics and get eaten up and spat out by the political machine whilst other corrupt and manipulative politicians rise to the top. Good hard workers that get overlooked for promotions while some loud and boastful upstart gets the job. A good wife that spends all her life looking after others only to find her husband running off with the newer model because during all that giving, she's let herself go a bit.

For years I was a nice bloke, To this day I don't know where I learnt to be a nice bloke, probably from my dad, but when I look back at the symptoms of a nice bloke, boy was that me. I had to be sure everyone else was happy before I could be.

My first wife died of cancer nine years ago. I had one son who was then 13. I remarried a lady who had two teenage boys of her own; she had had a difficult life herself and was feeling vulnerable. My second wife had grown up with just her mum and three sisters. No males in the house at all. So the boisterous fighting and arguments that three teenage boys will have anyway, took on what seemed like, epic proportions to her. Amongst all this was me, a nice bloke who had to have everyone else happy before he could be happy. That experience in part led me to finding the knowledge I have now and am sharing with others through my coaching programmes. I don't want anyone to go through that 😊

Are you a compulsive giver?

A compulsive giver will always want to give to anyone or anything. If they see a stray cat they'll want to feed it. Anything that comes up in conversation where a friend, workmate or even a relative stranger mentions in passing that they have a need for this or that, becomes an opportunity to show what a nice person they are by having the solution.

They will give things at the slightest opportunity, not just things but they will also offer time, they will offer to do anything that needs doing even if someone better suited or more able to do the task is available. The belief behind this giving is that if you give, you will get back.

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Giving themselves to those around them makes them an easy target for the takers of this world who will happily use them up. Years of being a compulsive giver can leave you feeling just exhausted, used up, tired, frustrated and empty. Nothing left to give and nothing to show for all the giving.

Do you avoid conflict, arguments and fights?

Do you hate stress in your life; will you do anything for an easy life? Nice people hate conflict and will bend over backwards to keep the peace. They apologize even when it wasn't really their fault; end an argument even when they know inside their right. Shutting down inside to control their feelings even when inside they are raging because they can't bring themselves to express themselves. One day the cork might blow off that bottle though and the nice quiet person flies into a rage years in the making.

Avoiding conflict can motivate nice people to be less than honest, deceptive even, hiding the truth, whatever it takes to not tell the whole story as it is. They will compartmentalize their life, keeping the different parts separate to better manage the front they show.

Do you believe you must hide your flaws or defects?

Anything less than perfect won't do. If people knew what you were really like then they might not like you. You avoid taking risks in case you make a mistake, when you do make a mistake you have to cover it up so none finds out. People's approval of you is dependent on you never making a mistake. The concept of it being OK to make a mistake and that people will forgive and forget is just a concept for you, not a reality. Keeping your mistakes hidden can lead you to being dishonest or at least let's say massaging the truth and then you feel conflicted because you believe a "Nice Person" doesn't play with the truth.

Does everyone else have to be happy before you can be happy?

A nice person can't be happy in the presence of unhappy people because (.....) Fill in the Blank. If the kids are unhappy with each other and sulking in their rooms I can't be happy until they've made up and restored friendship for example. Another example might be I can't smile at work this morning because the boss is in a terrible mood about something and he would hate it if he caught me smiling. He would take that to mean I don't care about his problems. All this thinking is fuelled by the belief that the **nice** person is in some way responsible for **other people's** feelings. No, not necessarily true.

All this being nice is hard work

It causes the nice person to behave in some self-defeating ways. This is a brief look at some of them.

They can be forced into feeling they can't tell the truth because it might upset someone so they have to massage the truth or tell "White lies" and then because they're a nice person they feel conflicted inside about their behaviour. They're always fixing problems for other

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people and neglecting their own. They might neglect themselves physically and/or emotionally because they're too busy helping others or because they don't feel worthy of spending the time on themselves. For years I knew I should go for regular exercise but felt that was a time luxury I couldn't afford, I wouldn't spend the time on what I saw as doing something for myself and no one else.

They can end up living a life very compartmentalized life, always keeping the left hand from knowing what the right is doing in case they didn't approve. They want everyone to be friends but not everyone wants to be friends with everyone else, so they have covert friendships with people that don't like each other. A wife and her ex-husband for example might end up hating each other but the nice person will be friends with both and just not let either know about the other.

All this effort going into MANAGING their life ends in one of two ways. The nice person ends up totally exhausted, dishevelled, unfit, tired and totally lacking self-esteem, all that effort and eventually they fail. What a waste. Alternatively all that effort and years of trying, builds up such a head of resentment and anger because they didn't get back what they gave and the world owes them. That they can't hold the anger in anymore and it starts to spill out in burst of rage followed by pangs of remorse.

So what does a nice person do?

The first step is simply one of recognition, you may not relate to everything I've written about so far because what I've described is a composite nice person, but if there are elements where you can say "Yes that's me, I do that" then you will benefit by contacting me.

Just go to the contact page at www.paulwebster.com.au and send me a message or book a time to talk, also consider following my blog and join the Facebook page <https://www.facebook.com/paulwebster>, a supportive community of good people ☺

Start by being honest with yourself; start to examine when and where you are being "Nice" and what you could do as an alternative.

Start taking better care of yourself, take time out for you. Eat well and exercise.

Find someone whose opinions you value and who you could talk about this with, getting an external view on yourself can be really helpful.

Be very clear the opposite of being a nice person is NOT being a nasty one. The opposite of a nice person and the goal for you, is to be a natural person, a person with nothing hidden, a strong, confident, caring, healthy person who has lots to give for all the right reasons.

BE STRONG