

# TOO NICE



Can you be too nice? Yes you can. And there are reasons for that. Once understood, things can change.

THERE are lots of nice people in the world. People who are agreeable, people-pleasing and mostly go along with the flow. Hanging out with someone nice might mean you always get to choose the restaurant, have a designated driver and have someone who makes you feel good about yourself.

The nice person thinks they are being kind and helpful, but often it's because they fear they have no other option. It is not because they are seeking to attain some advantage, but often because they have a paralysing fear of the displeasure of others.

It may be because they experienced an angry, disapproving parent, or a parent who did not tolerate disagreement, and so the child managed to cope by living a life where they only feel ok emotionally once everyone else is ok. They are used to ignoring their own needs to meet the needs of others.

The good, pleasing child can grow into a pleasing adult, who is used to not having their own needs met sometimes until it all becomes too much. Change can come in understanding that most of the people you come across in your adult life - peers, bosses, friends and partners are used to and accept that not everyone has the same opinion and desires. They can cope with you saying no sometimes and perhaps even want to know what you like and don't like so they can feel a genuineness from you. Also, as adults, we can have more skill in communicating our no's, than perhaps we did as children, so that we can say no and be pleasant, not just a pleaser.

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