

HOW TO HAVE A RELATIONSHIP WITH A NICE GUY

A Simple Guide for Nice Guy's Partners to Create a Fun, Meaningful and Authentic Relationship



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INTRODUCTION

After working with many couples around the issues brought on by **Nice Guy Syndrome**, I knew I had to design a quick-reference guide for the women in these relationships.

For a start, if you want to know *why* he's like this, check out my article on *Why Your Boyfriend Doesn't Initiate Sex*, if you haven't already:

<http://www.theinspirationalifestyle.com/why-your-boyfriend-doesnt-initiate-sex/>

It can be frustrating and heart-breaking for a woman to be in a relationship with a Nice Guy. She can see his potential so clearly, yet every day she must face him not living up to it.

Sometimes he shows you glimpses of the man he could be, but then the next day he's back to his old ways.

By the time most women come to me for coaching about their Nice Guy partner, it's almost too late. They've tried *everything*, but nothing seems to work consistently.

In this e-book, we'll help you have a better chance at creating that change through a 3-step process.

OVERVIEW OF THE 3 STEP PROCESS

First, you'll need to decide if your man is a classic People Pleasing Nice Guy, or the unchangeable Narcissistic Nice Guy.

Second, you'll need to know how to support the masculine man inside him to come out of the Nice Guy shell.

Third, you'll need to figure out what issues you're bringing to the relationship as well, because these things are never one-sided – Nice Guys tend to attract very specific women.

MY STORY

I've been coaching Nice Guys since 2014. There's a good reason for this: **I used to be one.**

Since I was a young child, I tried to please other people. I felt upset and guilty when people weren't happy.

When I became a teenager, this was focused on women. I did everything I could to make girls like me. I was terrified of rejection.

I was scared to ask girls out, or go for a kiss, or tell them I liked them romantically.

When I did finally get into my first long-term relationship, I struggled to have confrontations with my girlfriend. I found it hard to be honest about how I truly felt. I just agreed and pretended I was OK with everything. I was uncomfortable about sex and had performance issues, even at a young age.

For many years I behaved this way with women. I thought of myself as a hero: The Last Nice Guy! Even though I suffered, I remained attached to this identity.

This thinking trapped me in a pattern of passivity, avoidance of rejection and confrontation, and an overall lack of masculinity.

Finally, after much work, I broke through the trap.

There was nothing wrong with being nice. But the *reasons* I was being nice – and the constant manipulative dishonesty I used to hide my true self – were quite unhealthy. I knew I had to learn how to be more honest, assertive and courageous.

Now, after 7+ years of developing my confidence and masculinity, I'm in a loving, genuine and real relationship.

I help other guys walk a similar path. I make sure it doesn't take them as long as it took me. I help them rediscover their authentic masculinity so that their relationships are genuine, healthy and fun.

Let's explore how YOU can help your Nice Guy change too...



"After coaching with Dan, I went from being a Nice Guy people-pleaser with low self-worth and no meaningful connections with women, to becoming assertive at work, confident in myself, and engaged to the girl of my dreams."

Pulkit Kinra, Dentist

WHAT TYPE OF NICE GUY IS YOUR MAN?

Every Nice Guy is unique.

I've coached hundreds of them, and they're all slightly different. But they all fall under two main categories.

(Note: most Nice Guys are a bit of both. If your Nice Guy is primarily Narcissistic, you don't have much of a chance, but if there's just a bit of narcissism in there, he'll still be open to change.)

TYPE #1: THE PEOPLE PLEASING NICE GUY

Most Nice Guys are eager to please others, and have low self-worth. They seek approval from others because they don't get it from themselves. These guys have a **good chance** of developing authentic confidence. They can continue their generosity and caring while adding elements of assertiveness, courage, honesty and other forms of masculinity.

Their primary drive is to avoid upsetting people while increasing their happiness. While they are often driven by the toxic motive of seeking approval (or avoiding disapproval), they are genuinely kind underneath it all, and love other people authentically.

People Pleasing Nice Guys tend to *worship* women. They will bend over backwards to please their partners (or give up trying once the relationship is guaranteed). They will struggle to show sexual assertiveness, because their primary concern is to avoid hurting or upsetting their partner, and because sex creates shame for them.

Other Possible Symptoms:

- Bends over backwards to make everyone happy, and worries when they aren't
- Gets stressed out and self-blaming when others are upset (particularly his partner), and tries to "fix" their mood
- Has a problem saying No, so ends up overworked
- Struggles to move forward in relationships and his career because he won't take risks
- Avoids confrontation and is overly agreeable, until...
- He has emotional "pukes" where he flies off the handle like a child, or reverts inside himself and there's no way to get through to him
- Struggles to initiate sex or behave in a playfully sexual way (often starts as more sexual but this dies off about 3 months or so into the relationship)
- He idolises and reveres women, treating them as more important than himself
- Takes care of people, is attentive, kind and compassionate
- Doesn't stand up for himself in a calmly assertive way (or at all)
- Experiences episodes of depression, and will feel great social anxiety around strangers or people he sees as higher status (e.g. CEO of his company)

THE NARCISSISTIC NICE GUY

Unfortunately, some Nice Guys are not going to change time soon, because they don't see any need to. Narcissistic Nice Guys are actually quite high in self-worth, to the point of arrogance.

Narcissistic Nice Guys are either born narcissistic, psychopathic and entitled, or they became that way after poor treatment from others (especially early rejections from women). Narcissistic Nice Guys are the most likely to end up being violent or sexual offenders, when they eventually snap with rage.

If your guy is *mostly* narcissistic (remember he might be a People Pleaser who's just a little bit narcissistic, and that's ok), I recommend breaking up with him and moving on as quickly as possible.

Other Possible Symptoms:

- They're usually not as nice as they think they are
- They hold a grudge against the world, particularly against women. They think of women as manipulative and feel that women deserve to be manipulated
- They feel that other people have undeserved and unfair advantages
- Often engaging in childish, spiteful, vengeful, entitled, and nasty behaviour
- Negatively judgmental about others
- Selfish, while seeing themselves as selfless
- Controlling, and use anger tantrums or sulking to get their way
- Don't believe they should change; they think everyone else has the problem
- Displays a sense of entitlement about how he *should* get things because he's nice, and then complains that he's not rewarded enough for it
- Insulting and degrading about women, and about guys who aren't "nice" like him
- Shows resentment about being unappreciated for how awesome he is to people
- Reacts aggressively to rejection, turning from complimentary to nasty in a second
- Struggles to create and maintain loving platonic friendships

"Dan's help made a tremendous difference in our relationship, and our sex life got so much better!"

J, Full Time Mom

HOW TO HELP HIM CHANGE



When I coach a Nice Guy into becoming more confident, there are 6 key pillars of confidence that we work on. Use these to guide you in supporting your Nice Guy.

1) Honesty

Nice Guy Syndrome is replaced by confidence through one main behaviour in particular: Increased honesty.

Honesty is kryptonite to Nice Guy Syndrome. Nice Guys think of themselves as honest people, but they hide a LOT of what they believe, think and feel. They even lie to themselves about it (e.g. convincing themselves that they are not angry, to avoid confrontation).

Encourage your Nice Guy to tell you how he truly feels. Challenge him whenever he says he's "OK" or "Fine" – tell him you want him to express the truth. Get him to be polarised in his opinions. Praise him for standing up to you assertively, even when you disagree with him.

2) Responsibility

To help a Nice Guy regain his responsibility, he needs to be more honest about what he wants. In practical terms, this means leadership, of himself and others.

Encourage your Nice Guy to make decisions, even if it means making mistakes. Make him choose where to eat, or how to manage the finances this week, or what new spicy thing to try in the bedroom. Make an agreement that he's never allowed to say, "Whatever you want honey" or "I don't mind, you decide." He MUST show like and dislike clearly.

3) Curiosity

Nice Guys gets stuck on their identities. When being nice doesn't work, they think the only option is to be even NICER. They can't see alternatives because they aren't curiously looking.

Help him be more curious by challenging him when he's being too nice (e.g. not saying No, trying to stop you being sad, pretending to agree with everything etc). Ask him what else he could be doing instead, that would be more genuine to how he feels.

4) Courage

Nice Guys are ruled by fear, particularly fear of disapproval – anything that might lead to rejection and abandonment.

To help them with this, encourage them to face their fears. Support them to do what they're scared of, whether it's standing up to you or asking their boss for a promotion. Particularly help him to face rejection and disapproval, even in small doses (e.g. asking for extra sauce for free with his hamburger).

5) Acceptance

People Pleasing Nice Guys have low self-worth. The “I'm Not Good Enough” story plays in their heads nearly all day long.

Give them recognition and reward their masculinity. Avoid giving them too much praise for being nice – focus more on praising them for masculine things like risk-taking, decision making, sexual leadership and honesty. Keep reminding him that he doesn't need to impress you for you to love him.

6) Respect

Nice Guys struggle to respect themselves and give others too much undeserved respect.

Encourage your Nice Guy to take better care of himself. Tell him he deserves it. Make sure he cracks open a cold one with the boys, or goes golfing, or even run him a nice bubble-bath (men secretly love this stuff).

The key is that for some time each week he prioritizes his own needs, even above yours and your children's. Sounds weird maybe, but he needs to learn how to be as nice to himself as he is to others.

“As a typical nice guy, Dan's coaching has made a phenomenal impact on my life and hugely increased my self confidence.”

Anthony Zhou, Territorial Army

WHAT YOU NEED TO CHANGE AND ACCEPT

Nice Guys tend to be attracted either to women that represent everything they lack, or to women just like them.

This means that as a Nice Guy's partner, you are either the dominant, more masculine one in the relationship, *or* you're also a people-pleaser yourself.

Whenever I work with Nice Guys, I always see that their partners could use some self-development too. That's why I started couple's coaching – to work with both people simultaneously, as a team.

If you're the more dominant type, then you probably struggle with perfectionism, control, and fear of risk. You may have ended up with a Nice Guy partly because he is easy to control and is reliable enough to make you feel safe.

You may struggle to let him change – to give up leadership. If this is you, I suggest you read this:

<http://www.theinspirationalifestyle.com/how-to-be-independent/>

If you're also a people pleaser, then most of what's in this e-book probably applies to you, too. This post may help also you figure it out:

<http://www.theinspirationalifestyle.com/self-sacrifice-10-signs-that-you-are-a-people-pleaser/>



ACCEPTANCE

There are some things about your Nice Guy that need to change, and there are other things about him that you will just need to accept.

Many of the women I coach around this issue have become so frustrated with the passivity of their man, for so long, that they can get *too* critical. The couple will end up in a situation where the guy can't win, even if he does improve, because he's left it too long.

You want your Nice Guy to be more masculine, right? That means him being more assertive, honestly expressive, risk-taking, sexually exciting, decisive and protective.

You must understand that part of you will *resist* these things as well – you may even make it hard for him to change, without meaning to.

You've probably lost trust in him, because you've seen him promise to change and fail to follow through. You've probably been forced to take on the masculine role in the relationship.

Part of being feminine is wanting contradictory things at the same time, e.g. wanting your guy to be more assertive, but also wanting him to agree with you.

You're not going to get *everything* you want, but you can get *the man* you want.

To prepare you to accept his transformation into a truly confident guy (who's still nice to people), here are the things you'll need to support him with:

Making decisions – you will have to give up 50% of the power and control in the relationship. Let him get it wrong, so he can learn to be fearless about making mistakes.

Sharing how he feels – as he becomes more honest, you might find he disagrees with you more. You might find that he's angry, sad and bored more than you feel comfortable with. Don't start trying to fix these emotions! Let him feel what he feels.

Standing up to you – if he's been a Nice Guy for a long time, his increased honesty might lead him to reveal resentments he's held onto for a long time. This can be a bit shocking at first – you'll be surprised at how many things he doesn't like.

Sexual awkwardness – most Nice Guys have a lot of sexual shame to work through (many of the guys I've coached had impotency issues before they worked with me). As they try to unleash their sexuality, they might appear like teenagers – fumbling around, hesitant and nervous. They'll need patience, caring and playfulness to feel encouraged.

“Dan encouraged me step by step. I feel more confident, less afraid of rejection and conflict.”

Grant Watson, Guidance Counsellor

FURTHER SUPPORT

If you both really want to make a breakthrough with this, to create an exciting, honest and deeply loving relationship, I am here for you.

I've been coaching Nice Guys and couples since 2013.

I have a passion for it, because of my own struggle with this issue. My early relationships were a people-pleasing nightmare, because I didn't know how to be more confident, and my partners didn't know how to help me.

I broke through it the long, hard way, and vowed to help others do it quicker and easier.

Nice Guy Syndrome – and the associated issues their partners often have – is not something that is resolved overnight. It took a lifetime to build up to this level. Thankfully, it doesn't take another lifetime to resolve. But it does take *some* time. Are you willing to do the work?

The coaching I do can be for individuals or couples.

Together, we will explore allowing the man to discover his masculinity while retaining his genuine niceness. He will learn to be more assertive, honest and decisive, but will not forget to be caring, attentive and compassionate. He will become more *real*.

Your man *can* become the total package. It's already inside him. It's already real. It just needs to be unleashed.

If you think your man might be interested in change, get him to listen to this podcast interview with me about my own journey:

<http://www.theinspirationalifestyle.com/the-art-of-charm-how-to-stop-people-pleasing/>

If he wants to talk to me further, we can arrange a **free, no-obligation coaching session**. Maybe he only needs one session! I'm OK with that and will not push for more.

If more is needed, and he's / you're the right kind of client for me, we'll figure out a plan that suits everybody and can be managed with your budget.

And, of course, if you'd like to work with me also, as part of couple's coaching or just on your own, **apply for your free session** by completing this form:

<http://www.theinspirationalifestyle.com/lets-talk/>

You can do it on your own, or you can do it with support of someone who knows this stuff inside and out. Only you know what's right for you.

TRUE STORIES FROM NICE GUYS



Some of my clients have been kind enough to share their stories, and how they dealt with Nice Guy Syndrome.

And, of course, I've talked about my own battle plenty of times. If your Nice Guy is keen on hearing from others about how they became more genuinely confident, check these out:

[The true-life story of a recovering Nice Guy, with Simon Cottrell](#) [podcast interview]

[Confessions of a perfectionist – inside the mind of a Nice Guy](#) [blog post]

[Our greatest fear, by Anthony Zhou](#) [blog post]

[How to Stop People Pleasing](#) [podcast interview]

[My journey as Mr Nice Guy, by Pulkit Kinra](#) [testimonial]

[Dan's story on the Social Mastery Podcast](#) [podcast interview]

Dan brought my confidence along heaps and helped me to feel much more comfortable in myself, which was exactly what I was looking for. Dan talks on your level and is easy to communicate with.

Daniel Morgan, NLP Coach
