THE PRICE OF “NICE”

Nice behavior eventually has a “price” for both the “nice” person and the person or persons involved with him/her. It is alienation, indirectly hostile, and self–destructive because:

The “nice” person tends to create an atmosphere such that others avoid giving them honest, genuine feedback. This blocks their emotional growth.

“Nice” behavior will ultimately be distrusted by others. That is, it generates a sense of uncertainty and lack of safety in others, who can never be sure if they will be supported by the “nice” person in a crisis situation that requires an aggressive confrontation with others.

A “nice” person stifles the growth of others. They avoid giving others genuine feedback and they deprive others of a real person to assert against. This tends to force others in the relationship to turn their aggression against themselves. It also tends to generate guilt and depressed feelings in others who are intimately involved and dependent on them.

Because of their chronic “niceness” others can never be certain if the relationship with a “nice” person could endure a conflict or sustain an angry confrontation, if it did occur spontaneously. This places great limits on the potential extent of intimacy in the relationship by placing others constantly on their guard.

“Nice” behavior in not reliable. Periodically, the “nice” person explodes in unexpected rage and those involved with them are shocked and unprepared to cope with it.

The “nice” person, by holding their aggression in, may pay physiological price in the form of psychosomatic problems and a psychological price in the form of alienation.

“Nice” behavior is emotionally unreal behavior. It puts severe limitations on all relationships, and the ultimate victim is the “nice” person themselves.

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