

Top 5 problem behaviours of Nice Guys which get them into relationship issues

You may have heard the term: "Nice guys finish last". The idea behind that phrase is one has to be aggressive, always tooting one's own horn, be selfish than caring; to be able to succeed in life.

In this article, we try to see how being a nice guy can sometimes turn out to be a bad thing with certain kind of females in Indian context. It is based on talks with and observation of many married Indian men.

Now being nice is not a bad thing, and even studies done suggest that the term "nice guy" can either be taken by women as "committed, caring, and respectful", or it may be taken to mean "boring, lacking confidence, and unattractive". But the point of this article is not to put on appearances or try to change one's personality for the 'better', but how to realise if you are becoming a victim of your own Nice Guy behaviours at the hands of a woman.

Most women would appreciate to be with a nice guy husband, but there are some women who cannot be pleased no matter what, due to their own narcissistic personality and mindset. This article is meant to help the men who may be married to such women.

Top 5 problematic behaviours of 'Nice Guys'

1. **Always avoiding conflicts.** Nice guys try to avoid conflict. Probably from early on in life, they have internalised the thought that conflicts are like 'fights' and since

fighting are bad, having a conflict must also be a bad thing. This is not a healthy thought since a conflict can always arise in external environment, and if one always avoided them then it would lead to getting walked over again and again. If you were standing in a public place next to someone who was smoking, and the smoke was disturbing you, then you have choice of asking him/her to stop; or walk away to a place far off where the smoke doesn't reach you. But if you make the latter kind of behaviour into an approach towards life, then it could turn into living life where you are invisible even among a crowd.

2. Forgiving women's irresponsible behaviour as emotional or temporary, rather than treating them as responsible adults in a relationship. This is something which happens too commonly in Indian context, and it is most likely to do with culture and upbringing of children in India. In Western countries, children are expected to become independent after the age of 18. But in India, there is parental influence and control over children which lasts probably as long as parents are alive. The downside of this kind of culture is that there is always an expectation that if there is problem in relationship, the elders can always 'jump in' and sort it out for the not so experienced 'children'. This kind of parental or elderly influence might have worked in the past, but somehow it has stopped working in the 21st century, due to various reasons which is a different discussion by itself. The result of this is that many women take advantage of such societal expectations, and continue to indulge in irresponsible behaviour, like leaving husbands' house to go to parents' place whenever they want to; and the poor husband is expected to get wife back dutifully as if it was his fault why she left in the first place. In a way, such irresponsible and childish behaviour of some women is being tolerated because nice men have to own up the responsibility of even 'children' who belong to them.

3. Keep doing 'favours' when it harms your own self-worth and long term relationship. It is seen many a time that early in marriage, a woman will ask her husband to do something for her. It could be like take a separate house, or buy an apartment (on loan of course), and so on. Now in a healthy relationship such requests may not be out of place at all, but too often I have observed that the men who come asking for help later are the ones who have been giving in to all such 'requests' of wives, with the result that at this point of time they are being treated like a house pet rather than a husband.

4. Continuing to do favours or giving into unreasonable demands, when previous results have been no good. This is also a very common pattern which many men go through, when they are dealing with wives with narcissistic and controlling personalities. To some extent, the men have to take part of the blame. E.g., sometimes the men would do a nice thing for wife, but if she doesn't appreciate or is unmoved by the gesture, they will take it as a challenge to do something different in future. This can go on for a while without the man realising that a relationship cannot be built merely by doing things for the partner. It's probably better to make it into a two-way street where you do something when you get at least a hint that that's what is needed.

5. Cutting off existing relationships to please wife. If a wife asks her husband not to drink too much at the next party, that maybe a healthy and caring demand and not a controlling behaviour, depending on the overall relationship. However,

if a wife asks husband to reduce or avoid talking to his own parents, or siblings or friends; then giving in to such demand is not healthy in the long term. If it is true that man is a social animal, then cutting off few relationships cannot possibly lead to another happier relationship.