

NICE VERSUS NOT NICE – QUICK REFERENCE GUIDE

NICE	NOT NICE
You feel a strong need to be liked by everyone. Being disliked makes you very uncomfortable.	You don't feel a need to control other's perceptions to feel secure.
You typically put others first (self-sacrificing).	You take care of yourself first when needed, acting with healthy self-interest.
You feel overly responsible for everyone's feelings.	You support others when possible, while knowing each person is fully responsible for their own feelings.
You experience chronic guilt and fear of hurting others.	You honestly and lovingly express your true self, even though it sometimes leads to painful feelings.
You hide your opinions to avoid friction.	You freely speak your mind without the need to convince others or make them wrong.
You rarely express upset directly.	You share your grievances directly while taking ownership for your feelings instead of blaming.
You often don't say "no" to others, even when you want to.	You easily say no when you want to. And you say no when you need to, even though it's hard.
You avoid asking for what you want directly.	You vulnerably express your wishes and desires.
You hesitate to speak up until it's "the right thing" to share.	You jump in early, speak freely, and trust in yourself. You choose authentic over perfect.
You prefer to conform with others, even if you internally disagree.	You stand up for what you believe in, even when it creates friction.
You dismiss your own perception and experience as insignificant.	You highly value what you think, feel, and believe. It matters because you matter.
You value other's opinions of you more than your own.	You know yourself better than others and easily brush off negative comments.
You constantly worry if it was "good enough."	You contribute your gifts fully with unfettered boldness and fierce determination.
You seek safety in life.	You seek deep connection, authentic self-expression, love, growth, and meaningful contribution.
You live in fear.	You are the most powerful version of you.