No More Mr. Nice Guy

by Glover, Robert

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- > The Nice Guy Syndrome represents a belief that if Nice Guys are "good," they will be loved, get their needs met, and live a problem-free life. loc 52-53 | Tuesday, November 15, 2022 4:07:44 PM
- > sense:Because it does not feel safe or acceptable for a boy or man to be just who he is.

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- > Whenever a child experiences any kind of abandonment he will always believe that he is the cause of what has happened to him. loc 386-387 | Tuesday, November 15, 2022 4:09:33 PM
- > The progression from perfect little boy to Nice Guy basically occurs in three stages:Abandonment, internalization of toxic shame, and the creation of survival mechanisms.

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