

# Welcome to the College & Young Professional NMMNG Group!

"Men, let's do scary shit." | Tuesdays 6:30 PM

## What is a "Nice guy"?

*No More Mr. Nice Guy: A Proven Plan for Getting What You Want in Love, Sex, and Life* is a 2003 self-help book by Dr. Robert A. Glover. He describes what he calls the "Nice guy Syndrome", a condition in men who appear to be always nice and who try to avoid conflict at all costs.

Glover's premise is that nice guys have been conditioned by their childhoods and by society to believe that they will be successful only if they make everyone happy and never cause any problems for others. However, this desire for approval results in self-loathing. In other words, nice guys want approval, but don't think they deserve it. This creates internal frustration, since nice guys never try to obtain what they want in life. In addition, the nice guy's desire to obtain approval from everyone (especially women), often causes him to actually behave in very un-nice ways. This includes dishonesty (about themselves), passive-aggressive behavior, and inauthenticity.

Dr. Glover's prescription involves getting nice guys to recognize that their needs and desires are important, and that to make others happy they must first learn to make themselves happy. One of the primary ways advised in the book to remedy this is for nice guys to learn to embrace and develop their masculine traits, instead of fearing and suppressing them.

*Credit to Wikipedia and www.drglover.com from which I liberally stole. :)*

### The Nice Guy Syndrome

**A Nice Guy's primary goal is to make other people happy.**

Nice Guys are dependent on external validation and avoid conflict like the plague.

Nice Guys are guided by the following three "covert contracts":

- **If I am a good guy, then everyone will love me and like me (and people I desire will desire me).**
- **If I meet other people's needs without them having to ask, then they will meet my needs without me having to ask.**
- **If I do everything right, then I will have a smooth, problem-free life.**

These covert contracts operate at an unconscious level. They don't work for a number of reasons, but Nice Guys are convinced they should.

**Because most Nice Guys believe they have kept their side of the contract, they often feel helpless and resentful when other people (and the world) don't keep their side of the contract.**

## What does recovery look like?

*imperfect definition*

Being authentic with everyone, being appropriately vulnerable with varied people, being unattached to a result while being upfront about wanting said result, and making your own needs a priority such that you are best suited to support others from a place of abundance.

**Easier said than done.**

## This group and the work

This group is meant to bring men together and to help move men in a healthy way towards the best version of their respective selves. The foundation of the work is based on teachings by Dr. Robert Glover and his best selling books "No More Mr. Nice Guy" and "Dating Essentials for Men". While this is the foundation of our work, it is not the only material we use to grow. Many of us have also studied work by Carol Dweck, Jordan B Peterson, Brené Brown, & Mark Manson to name a few.

## This group is **NOT ABOUT**

- Superficial pursuits
- Misogyny
- "Pick up" or PUA
- Therapy
- Passivity

## This group **IS ABOUT**

- Meaningful pursuits
- Responsibility
- Integrity
- Authenticity
- Leadership and setting the tone

# Key Concepts

*Nice Guy (NG) | Self Limiting Belief (SLB) | Really Great Woman (RGW)*

- Attachments: areas of life that NGs over index as a measure of self worth
  - EX. money, perfectionism, cool factor, clean car, dancing, trophy wife/gf
- Being detached from results / embracing rejection
  - Part of being authentic is being you no matter how another person may react
  - In the context of dating, that may be a rejection challenge or bringing your sexual agenda to the table openly
- Cake Ingredients: Male friendships, Vigorous exercise, & Passion/purpose/mission (MVP)
  - These make up the foundation for a healthy male in modern life
  - With these layers of your cake in place, a man can invite a woman to be the icing on his cake of a life bringing only kindness and beauty into his life
- 5x5: Five things you are looking for in a RGW, and five things you won't stand for in a relationship (you'll walk away)
- 12x12: Dating exercise where you get practice showing up authentically, inquiring about what you want to know about a woman, taking the lead and setting the tone, being unattached to the result, and get habituated to the mechanics of a date

## Breaking Free Exercises (BFE)

1. Write down three possible safe people or groups to assist in your recovery (this work).

2. Why do people try to change who they really are? Ask yourself this and ways in which you do this.

---

---

---

## Get Involved - Stay Involved. ✓

ONE

- 1. Join our CAYP WhatsApp thread
- 2. RSVP for next week
- 3. Listen/Read NMMNG



TWO

- 1. Support with \$10
- Scan to Venmo or Cash

