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PRAYER FOR A NICE GUY

INTRODUCTION: Being a nice guy is not all it is made out to be. Prayer For a Nice Guy was written by my friend, John Fisher, back in the 1980's. Back then, John and I were seeing quite a number of "nice guys" and "nice gals" whose marriage's and lives were falling apart.

We came to the conclusion that **nice guys wreck lives, their own and others too.** It is not that they want to wreck lives, it is just that Nice Guys believe that:

- If you can't say something nice, don't say anything at all.
- Pretty is as pretty does.
- Nice girls don't get angry.

Nice guys, when asked, "What's the matter, Hon?" will often respond with **"NOTHING, I'M FINE."**

Nice guys were taught and now believe that: "...others will not tolerate such emotional honesty in communication. We would rather defend our dishonesty on the grounds that it might hurt others: and, having rationalized our phoniness into nobility, we settle for superficial relationships."

- John Powell

The fear of abandonment is so strong in nice guys that they would rather be dishonest than to risk rejection. The end result is a nice guy/gal who is dishonest with almost all of his/her feelings.

In their minds, anger is linked with not being loved and with rejection. The feeling of anger is the feeling that is most often lied about, **"I not angry, I'm just upset."** Lying about anger is the nice guy's way of trying to control others, so they will not get angry at them. Nice guys stuff their feelings, letting them build up and, when the last straw comes, they explode over everybody and everything in their way or, they turn it into a depressed pity party.

Nice guys tend to be rescuers. As a result, nice guys find it hard to listen without giving an answer. They feel compelled to give answers, and try to fix your "problem" even when it is not asked for nor wanted. Then, they are surprised when others get angry at them.

The opposite of a Nice Guy is NOT being a Hostile Aggressive Oaf. It is not what you say; it is how you say it. Being honest does not require put downs, name calling, threats, sarcasm, controlling or demanding. It is being honest with your feelings, NOT your judgments.

A question for all you nice guys and gals: Is your silence golden or just plain yellow?

PRAYER FOR A NICE GUY

John Fisher

LORD, make me less patient, less kind.
Help me to snarl some every day.
Watch over me that I don't act pleasantly
While someone is verbally assaulting me or putting me down.

Grant me the honesty of my anger
And let me show it to the extent that I feel it.
When things get tough,
Help me, O LORD, to come unglued.

Make me less concerned about how
My anger will impact on others,
Especially on those closest to me.
Make me less intimidated by others' malcontent.

Grant me less guilt.
Help me to understand that
Someone else's anger is theirs to bear—
For they created it (even though I may have screwed up royally).

Help me to understand how hiding my anger by
Being nice is a grand deception
Employed by Beelzebub himself
To create confusion and frustration
And to distort reality.

May I show my anger in a direct and accurate manner,
And may I become a formidable and loving
Opponent in my most
Intimate of relationships.

So be it!

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