

No More Mr. Nice Guy Self-Assessment

Find out if you are a Nice Guy

Circle the answer that best applies:

1 = Never 2 = Occasionally 3 = Often 4 = Always

I am likely to give to someone else before I give to myself.

1 2 3 4

I apologize and say "I'm sorry" when I think people might be upset with me.

1 2 3 4

I try to fix other people's problems.

1 2 3 4

I struggle to live up to my potential in work and career.

1 2 3 4

I tend to feel resentful and take things personally.

1 2 3 4

I have hidden thoughts or behaviors that I don't want people to know about.

1 2 3 4

I hold back my feelings.

1 2 3 4

I struggle to find my passion and purpose in life.

1 2 3 4

I seek approval.

1 2 3 4

I am less than completely honest.

1 2 3 4

No More Mr. Nice Guy Self-Assessment

I am uncomfortable when people express strong feelings.

1 2 3 4

Procrastination and/or finishing things I start is a problem for me.

1 2 3 4

I feel frustrated with my sex life.

1 2 3 4

I feel like I give more than I get.

1 2 3 4

I have a tendency to settle.

1 2 3 4

I try to follow the rules and do it right.

1 2 3 4

I avoid conflict.

1 2 3 4

I have difficulty approaching and talking to people I find attractive.

1 2 3 4

I am more analytical than feeling.

1 2 3 4

I tolerate things that feel bad to me.

1 2 3 4

I have difficulty asking for help.

1 2 3 4

I avoid situations and things that make me anxious.

1 2 3 4

No More Mr. Nice Guy Self-Assessment

Add up the total point value of all the questions. If you scored:

0 – 21: You cheated.

22 – 33: You are near perfect or in denial.

34 – 50: You have some Nice Guy tendencies.

51 – 70: You are definitely a Nice Guy!

71 – 88: You could be a poster child for the Nice Guy syndrome!