Intro & Chapter 1 Nice Guy Syndrome Study Guide

Define nice guy syndrome in your own words:

list 3 of the characteristics of a nice guy that seem to fit you.

1.

2.

3.

Give an example of each as it showed up in your personal life:

1.

2.

3.

How did you feel about yourself in each of the cases you listed above?

1.

2.

3.

 Do the Breaking Free Activities on pages 17 & 18

Chapter 3 Learn to Please Yourself Study Guide

Define approval seeking in your own words:

In this program you have learned that a man's base need is for respect/acceptance. The ultimate way a woman can show this is by accepting a man into her body.

Describe here one of the approval seeking behaviors you adopted to replace true
acceptance with (not by) women.

Describe one cover-up behavior that you use or have used in the past to avoid disapproval.

Take each of these cover up behaviors and convert them into 2 affirmation statements. An affirmation statement expresses in the present tense the desirable characteristic or behavior you would like to adopt as your own natural way.

Ex: I am a man that handles issues head on, as they come up.

Write these on a piece of paper and tape them to your bathroom mirror and read them everyday until they become your natural way of being.

1.

2.

Do the Breaking Free Activities on pages 43, 47, 48, & 50

Chapter 5 Reclaim Your Personal Power Study Guide

Recall a time or time in your life when you were working extra hard to get everything to go as planned but created frustration and disappointment instead. Write about it here:

After reflecting on this indecent would you honestly say it was an isolated situation or a pattern for living?

Would you say the childhood you experienced lines up with what you tell other (and yourself) that it was really like?

Define Personal Power in the author’s words and then describe how that would play out in your life if you knew how to maximize your personal power more effectively.

Surrender doesn’t = Give up. It means letting go of what we can’t change and changing what we can.

Make 2 lists….

What I wish I could Change but Can’t What is actually in MY Power to Change

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Since you have started this self improvement program what has been the biggest reality check for you?

Describe a moment when you chose to consciously “train” someone how you wanted to be treated instead of the usual unconscious, rote pattern response of the old you.