



Leslie Vernick

AUTHOR • SPEAKER • COUNSELOR

Enriching the relationships that matter most!

The High Price of Being Too Nice

Do you find yourself saying "yes" when you want to (or should) say "no." For example, a graduate student once asked me if I thought he'd make a good counselor. I knew his gifts weren't in that area, but I let him believe that I thought he was capable.

We all do it. We want to be nice. So, we acquiesce, or we aren't really honest with how we feel or think, because we don't want anyone to be upset. But, let's take a look at the cost of being too nice.

We Hurt People

It amazes me how unaware we are of how we hurt people by being too nice. That's why we're nice to begin with? We *don't* want to hurt people? Yet, I hurt this young student when I wasn't honest with him. He spent time, energy, and money pursuing a career that didn't reflect his true calling.

We also hurt people when we give too much. Debbie asked Nancy, her Bible study teacher, to mentor her. Debbie phoned Nancy several times a day at all hours. Debbie always took Nancy's calls, but soon grew weary. Instead of discussing this with Debbie, Nancy used her caller ID to screen her calls. Debbie caught on and

felt hurt and abandoned. Nancy's niceness gave Debbie the impression that she was always available any time night or day.

When we fail to set appropriate boundaries, we hurt people. The only person who can be that available without getting crabby is God. Don't try to do His job. You'll fail every time and the other person will get hurt.

We Hurt Ourselves

We hurt ourselves when we aren't honest with our own limitations, needs, feelings, thoughts, or desires.

There is nothing unbiblical about being wise with who you give yourself to. We all have limited resources of time, energy, and money. So, if we allow others to take too much from us without limits, or we give too much without counting the cost, then we're too nice.

Jesus tells a story about five women who refused to share their lamp oil with five others who did not bring enough for themselves. Jesus didn't rebuke them for being stingy. He called them wise (Mathew 25:1-13).

We Miss God's Best

There are endless things that clamor for our attention. Many of them are good, yet Oswald Chambers reminds that "the great enemy of the life of faith is the good that is not good enough."

People often asked Jesus to do things for them, but Jesus always looked for what God wanted first - even when it disappointed people. (see Mark 1:29-38 or John 11:1-6.) When we are too nice and passively accommodate others, we could very well miss what God has for us.

Stop Being Too Nice

1. Nice isn't one of the fruits of the Spirit. Being kind doesn't mean you always say "yes," it means that you learn to say "no" kindly.

2. Before you say "yes," stop and say, "Let me think about that, and I'll get back to you." This will give you time to think through whether you're being too nice, or if you really feel led to do it.

3. Let go of guilt. You can't be all things to all people or do everything people want. Jesus was perfect, and He still disappointed people.

NEWSLETTER
WINTER, 2008

Speaking Calendar

January

Jan 31, Midday Connection
Moody Radio 12:00 CST

February

Feb 23, Women's Event
Boca Grande Island, FL

Feb 25, Midday Connection
Moody Radio 12:00 CST

March

See Leslie's relationship expert column in the March issue of **Today's Christian Woman Magazine!**

April

April 10-12, AACCC East
Orlando, FL

April 25-27, D.C./MA Metro
Women's Retreat
Cape May, NJ

To book Leslie for
interviews or a
speaking event:

Call 1-877-837-7931

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Leslie's new book, **The Emotionally Destructive Relationship**, is already in its 3rd printing! She now serves as the regular counseling expert for the national radio program, **Midday Connection** on the Moody radio network. She is also the relationship columnist for **Today's Christian Woman** magazine. Get Leslie's advice at:

www.MiddayConnection.org and www.TodaysChristianWoman.com



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Enriching the Relationships that Matter Most!

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ARE YOU S.A.D.?

Seasonal affective disorder (SAD) affects many people who don't get enough exposure to sunlight during the long days of winter. You may feel depressed, sluggish, and hopeless.

Phototherapy, a treatment involving a few hours of exposure to intense light, is shown to be effective in relieving depressive symptoms.

For more information, take a free Depression Test and learn more about Leslie's book, **Getting Over the Blues** at:

www.LeslieVernick.com



Good Words

"Leslie's counseling experience provides her with a wealth of examples, making her unusually grounded with advice. She applies the hard truths of Scripture in a way that's inviting. If you are half as blessed by Leslie's teaching as me, you will grow in Christlikeness."

Gary Thomas - author of **Sacred Marriage**

Leslie Answers Your Questions

Q: I often have a hard time saying "no" or speaking up for myself unless I am raging. How do I learn how to speak up earlier?

A: Learning to speak up can be frightening for some people, but it gets easier with practice. Next time you feel bothered, don't shove it down or ignore it. Instead, pay attention and write out what you'd like to say. Read it out loud to yourself. Does it really say what you'd like it to say? Remember, hard words don't need to be harsh words. If not, rewrite it until it says just what you'd like to communicate.

Then, practice it out loud, over and over again, until you're comfortable saying those words. Next, use your imagination to rehearse what you've written in the situations you find yourself in. Before long, you'll find it easier to speak up without feeling fear or overwhelming guilt.

For more help with your relationship questions, visit the **Free Resources** page at Leslie's website.

Are You a Church or Ministry Leader?

Leslie wants to help grow your personal and relational effectiveness. Send your questions about dealing with difficult people, stress, or relationship issues to: Leslie@LeslieVernick.com

Then, visit Leslie's website each week as she posts her response to one question. *Due to the volume of questions that Leslie receives, she is unable to respond to every question.*