



Media Kit

NO MORE NICE GAL!

Stop Giving Yourself Away To Be Loved

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NO MORE NICE GAL

**STOP BEING TOO NICE TO BECOME YOUR MOST
CONFIDENT, SELF-ASSURED, SELF-LOVING,
STRONG AND SASSY SELF.**

Maryjane Kapteyn is a life, love & dating coach, self-worth champion and recovered (too) Nice Gal (whose still super sweet & nice).

She's a heartfelt guest who brings a genuine wisdom and sassy self-love into every inspired conversation. She Inspires and teaches women and girls everywhere how to feel more than 'good enough' and deserving of real love by developing high standards, healthy boundaries, strong support systems, and a happy life so they do not enter into relationships that hurt or damage their self-esteem.

Maryjane is an expert in topics such as self-love, self-worth, dating, relationships, and Nice Gals everywhere who feel pressured to be 'good', supporting them with the know-how to STOP giving themselves away to be loved.

"I dedicate my work to the many women who give too much, believing they have to be 'nice' to be taken care of, cherished, accepted and loved." Maryjane Kapteyn



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*No More Nice Gal Questions & Answer
With Life, Love & Dating Coach Maryjane Kapteyn*

HOW DO YOU DEFINE 'NICE'? ISN'T IT GOOD TO BE NICE?

Nice Gals are kind, generous, loving, sweet, congenial and conciliatory. Big hearted by nature, they tend to be agreeable, accommodating, trusting and helpful. All lovely and likeable qualities until conflict arises, over-giving builds up into resentment, trust is betrayed or choices need to be made that can't please everyone.

Being too nice is defined as "giving yourself away to be liked, accepted or loved" by pleasing, sacrificing, perfecting, compromising, accommodating or tolerating the intolerable in order to keep a relationship.

WHY IS BEING TOO NICE A PROBLEM?

Being nice as polite, kind, and respectful isn't a problem, but being TOO NICE is.

**If you're too giving, you get taken advantage of and seen as a pushover.
If you're too agreeable you become a doormat.
If you're too understanding you become a naïve dreamer.
If you're too accepting you become fixer, settler or rescuer.**

Nice here is defined as giving up YOU to be loved, accepted and liked. It is characterized by being untrue to yourself by pleasing, accommodating, placating, or over-giving while your needs are left unfulfilled.

What makes find love hard, if not impossible, are all the hidden Nice Gal behaviours, beliefs and mindsets sabotaging a Nice Gal desire for genuine love. "I'm not good enough" beliefs push Nice Gal's into believing they must perfect, please, give, accommodate, fix, support or rescue to win a man's love.



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My story demonstrates 'too nice syndrome' perfectly.

I'm a recovered Nice Gal. For years, I let people; mostly men treat me like a doormat, taking advantage of my giving nature. I wanted to be liked, loved and accepted, mistakenly believing I had to be generous and needed to deserve it.

Part of me didn't trust I was worth loving or that men would stick around, so I worked hard to PROVE I was worthy. I gave to exhaustion ignoring my own needs: I tried hard to be perfect to convince a man to choose me, secretly terrified he'd discover my imperfections and abandon me. After a few cycles of deep betrayal, disappointment and heartache, I couldn't trust men not to betray me. Worst of all I didn't trust I wouldn't abandon myself in my attempts to feel lovable.

I made the 5 most common Nice Gal Mistakes: over-giving, pleasing, accommodating, perfecting and trying too hard.

No matter how hard I tried and how much I gave, the more empty and unfulfilled I felt. The more I wanted love, the more dependent I was on having a man's acceptance, validation and attention. I swung between desperate desire to find love and a cool 'you can't hurt me' indifference, often eating to fill the emotional void.

Finding lasting love was a STRUGGLE because I believed a lie that I wasn't good enough. I mistakenly thought that if I loved a man enough, he'd love me back. I put loving (him) first but came up last in love.

Eventually, the pain of being used, taken for granted and having my needs ignored pushed me to break my co-dependent cycle and develop self-worth and self-respect. Now, I'm a happy, confident and worthy woman who genuinely loves herself.



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Being NICE and KIND is admirable, but being too nice out of fear of not being good enough, is a sign of low confidence and self-esteem.

MARYJANE'S MISSION

“My mission is to support every woman and young girl to feel lovable, worthy, confident and self-assured so they STOP GIVING THEMSELVES AWAY TO BE LIKED, ACCEPTED OR LOVED.

Empowering them to feel more than ‘good enough’ and deserving of real love by developing high standards, healthy boundaries, strong support systems, and a happy life so they do not enter into relationships that hurt or damage their self-esteem.”

WHY ARE SMART WOMEN NOT TRUSTING THEY'RE WORTH LOVING?

Many smart, beautiful, big-hearted women make the mistake of loving too much not because they're stupid or naturally needy but due to social conditioning that attaches our worth to our generosity, beauty and relationships.

In essence women are taught to be nice while also being told they're not thin enough, talented enough, accomplished enough, rich enough, attractive enough and so on. This “not good enough” unworthiness makes them try too hard and give too much to prove they're worth loving.



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WHEN IT COMES TO RELATIONSHIPS, WHY IS BEING TOO NICE A PROBLEM?

Being kind, loving, open and sweet are all beautiful qualities, but taken to the extreme sabotage love. Being too nice is the reason Nice Gals stay single, settle, or miss out on good guys.

NG's diminish their self-worth through a habit of 'loving too much' and over-giving to fulfill others needs. Programmed to please, NG's try to secure love and loyalty by being needed, desired and perfect. Having given themselves away, the emotionally starved NG begins to act in needy, desperate, clingy, insecure or controlling ways in an attempt to secure love.

Every date is a high-pressured emotional experience where a NG anxiously auditions for love, trying desperately to do everything right while suppressing her fear of rejection. Often, despite her best efforts, her lack of genuine confidence makes her come across as insecure, inauthentic and anxious.

This explains why NG's attract men who cheat, lack caring, are immature, toxic or noncommittal who treat them like doormats, filler-girls and pushovers. It explains why secure and emotionally healthy men sense her duplicity and lose interest in her drama and demands.

Many NG'S who manage to attract a securely attached Nice Guy end up exhausting their partner with demands for validation, reassurance and control. The unconscious fear of not being good enough plays true when out of exhaustion, frustration and helplessness the man she loves (and who loves her) withdraws or leaves believing he can never do enough to support her to relax and feel lovable.



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This is why Nice Gals experience more heartache than their dating counterparts. Being too nice is a problem because it locks NG's into a cycle of insecurity that guarantee's they'll never feel good enough or receive enough. All desperate attempts to secure love produce the very insecurity, uncertainty and loss they're trying to avoid.

WHY DO MEN TAKE NICE GAL'S FOR GRANTED?

Ever wondered why men disappear? Why men suddenly, become sullen, disinterested or distant? Why a man courts a woman aggressively then becomes lazy? Why a man is happy to live together, but won't commit?

NICE GALS NEVER GET HE GUY, AT LEAST NOT THE GUY WORTH HAVING. Nice gals attract the needy guys, emotionally unavailable guys, the commitment phobic guys, the charming, devious player guys and the loser unsuccessful guys. Why?

Men don't value women who don't value, respect and love themselves.

It's not that Nice Gals are any less worthy then other women. The difference is that Nice Gals tolerate bad boy behaviours by giving men the benefit of the doubt; by settling for scraps of attention masked as love instead of the real thing and by ignoring their own needs and allowing less than treatment, they encourage others to use and discard them. The phrase, 'what you put up with, you end up with' perfectly describes too nice syndrome.

For instance, Nice Gals wait too long for commitment, forgive when cheated on, reject compliments and support, hide their true feelings and needs and settle for fear of being alone. They endure a revolving door of short-term relationships, 'friend with benefits' situations, or one bad relationship for years just to feel secure.



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All attempts to 'get love' by loving leave Nice Gals feeling insecure, needy, depressed, desperate, anxious and alone which ensures no man feels a captivating, enduring, passionate, heart-based love for her.

WHAT ARE THE COMMON MISTAKES THAT PREVENT NICE GALS FROM ATTRACTING REAL LOVE?

Nice Gals give themselves away to be loved: they love others first and put themselves last. This means they end up being last in love and first in the heartache line.

Here are examples of three Nice Gal Types. ...

The Over-giver NG pleaser puts everyone else first, and never speaks up to get her needs met. She pleases to be needed and liked, but often ends up feeling resentful and exhausted. ...

The Perfectionist Nice Gal tries hard to be loved by being perfect and doing everything right, but despite all her efforts she to find certainty through control, she never feels worthy of the love she is trying to earn. Her anxious control pushes love away, leaving her frustrated and disappointed. ...

The ever- hopeful, Naïve Nice Gal has suffered from too much heartache and loss and is terrified to be alone. Despite knowing better she clings too tightly to men, turning them off with her neediness and fear. The more she chases after love, the more desperate and alone she feels.

The 5 Nice Gal Mistakes: • OVER-GIVING • PLEASING • ACCOMMODATING • PERFECTING • TRYING TOO HARD



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NICE GALS AREN'T NATURALLY INSECURE IN LOVE.

Nice Gal's are not naturally insecure, needy and fearful but being too nice has set them up to feel that way. Somewhere in the NG life she learned to be 'Nice' in order to be loved.

NG's believe that loving another garners reciprocal love; and being kind, polite and giving would make them likeable, safe and accepted.

Nice Gal behaviours are simply internalized expectations carried over from childhood (or adulthood) that conditioned Nice Gal's to believe and act in certain ways in order to be loved. Nice Gal's have been taught their lovability depends on what they accomplish, how much they give or are needed, or how well liked they are. In subtle or overt ways, Nice Gal's give to get love.

The 'I'm Not Good Enough' message has made Nice Gals everywhere believe they have to seek love and earn love. Forgoing their own needs, making a man the center of their lives and investing in his happiness, over their own empowerment is how Nice Gal's slowly lose themselves in love.

WHY NICE GALS EXPERIENCE MORE HEARTACHE.

Nice Gal's believe they must perfect, please, give or accommodate, fix, support or rescue to win a man's love and loyalty. Her selfless behaviour is in part due to her romantic leanings but more accurately from her sincere desire to connect. Connection for the Nice Gal is tainted by expectations of being needed and valued by over-giving and over-functioning. She programs others to ignore her needs, take her for granted and treat her as less than because she fears standing up for herself will result in isolation and abandonment.



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Stuck in an unhealthy cycle of trying hard, A NG suppresses her exhaustion, resentment and fear, trading her freedom, vitality, trust and self-esteem in hopes of being loved.

Terrified of being hurt again, a push-pull, 'I want love but I'm afraid of love' motivates the NG to seek love and simultaneously push it away. Her emotional mixed signals confuse, emasculate or pacify men ensuring they never know or desire her.

Left unchecked NG insecurity can escalate into drama and destructive attention seeking behaviour. Until NG's can overcome their fear, feel secure enough to stop over-functioning in relationship and be authentic in expressing their true feelings and needs, false starts, heartache and disappointment in love will continue.

HOW CAN NICE GALS GET THE LOVE THEY WANT?

Plain and simple being too nice and agreeable almost always ensures the NG doesn't get the relationship she wants.

The first step is a recognition that being too nice sets her up for relationship disaster and a declaration "No More Nice Gal!"

No More Nice Gal means still being kind, sweet, open hearted and accessible, but abandoning the need to prove she is worth loving. Accepting her inherent worth empowers the nice gal to feel more than good enough and welcome supportive relationships of all kinds where she is celebrated and accepted.

The number one 'No More Nice Gal' commitment is to put their well-being and happiness first in everything. This teaches the Nice Gal that she must ACT worthy to FEEL worthy. This shifts her from giving to secure love to giving to herself.



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No longer starving for love and filled with self-worth love the NG stops tolerating the intolerable and up-levels the treatment she will accept. This gives her the power to let go of unhealthy or imbalanced relationships and erect boundaries that protect her heart and happiness.

In time, as a NG develops the confidence and competence to date for love, she can secure a relationship with an emotionally available, secure, integral and attentive man who will reciprocate her generosity of love.

A FATAL ATTRACTION: THE EMPATH AND THE NARCISSIST

This is a classic opposite attract: the Empath is a GIVER and the Narcissist is a TAKER. The Empath bonds with The Narcissist, intending to eradicate his pain. His predatory pursuit of The Empath is project his disowned insecurity and suppressed self-hatred.

None of this is obvious in the beginning. The Narcissist grooms The Empath by putting her on a pedestal, selling her on a dream of love, and fulfilling her love needs like no other man. Imagine how intoxicating, seductive and irresistible it becomes to be lavished with a high level of adoration, attention and affection when she's accustomed to being ignored, overlooked and undervalued. Men typically don't show up for her and the Narcissist in contrast is overly attentive.

Highly empathic Nice Gal's are particularly vulnerable to the attracting men who need help, support, fixing and more. The Narcissists seemingly powerful, confident and charismatic stature disarms the NG Empath whose lack of boundaries and self-protection make her an ideal target.



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Charmed by his intensity and attention, the NG falls madly in love with her too-good-to-be-true dream man. The NG becomes shocked, confused and debilitated when the Narcissist begins to build himself up by gleefully tearing her down. Like a vampire, he drains her to build up his own reserves, creating an imbalance of power he uses to his advantage. The Narcissist cruelly uses the NG's loving, compassionate nature as a way to control and manipulate.

The weakened Empath, now powerless, desperately tries to win his validation, loyalty and acceptance. Every pleading cry of pain disgusts and emboldens him. The Empath tries feebly to fend off the Narcissist's charms and blame, obsessed with trying to stop the pain and reconcile the once loving, attentive man with the heartless and abusive sociopath standing before their eyes.

Self-worth, strong boundaries and screening strategies can protect The Empath from falling prey to all kinds of toxic, immature and destructive men and The Narcissist in particular.

The Empath is never to blame for the malicious harm caused by The Narcissist but it is her responsibility to heal, and learn to self-protect.



No More Nice Gal Quotables
With Life, Love & Dating Coach Maryjane Kapteyn

“If you feel less than, you give more than.” Maryjane

“You can’t avoid love out of fear without suppressing your own brilliance, authenticity and happiness.” Maryjane

“Do not depend on a man to rescue you from your loneliness, problems or unhappiness. Find your own source of strength within, you’re more powerful than you think.” Maryjane

“You never need to worry about trusting a man, when you trust yourself.” Maryjane

“Stop chasing, perfecting, giving, accommodating or supporting to be loved. Know your worth and love will find you.” Maryjane

“You can’t change a man and changing for him means losing you.” Maryjane

“Don’t hold on because you think there’s no one else. You’ve got to believe you’re worth more than being repeatedly hurt and disappointed by someone who doesn’t care.” Maryjane

“Being sweet, kind and nice at the expense of your own needs makes you more of a doormat than a catch.” Maryjane

“The best feeling ever is when you realize you’re perfectly happy without the man you thought you needed the most.” Maryjane

“You must act worthy to feel worthy.” Maryjane