



לעלי נשמה
מאריך בן יוסף אוליבר הכהן ז"ל

The "Too Nice" Guy

Lori asks:

Hi Aleeza, My candidate is seriously dating a guy, and she came to me with a strange problem: this guy is too nice to her. She has dated very toxic guys in the past, and now with this mensch, sweet guy who respects her and treats her like a queen, she feels like "it's not it". How can I help her?

Aleeza answers:

As we know: "He's too nice" is not about him. It's about what feels familiar to her.

When someone has dated unhealthy or toxic partners, their emotional compass can get a little scrambled. Chaos starts to feel like chemistry. Tension feels like passion. So when a real mentch walks in who is steady, respectful, and consistent, her system doesn't always

recognize it as romantic right away. It recognizes it as... unfamiliar, simple and perhaps too boring.

Even if it were her person she would not recognize or feel like "this is it!"

Before you try to solve anything, help her get curious about her own experience. You might ask, "When you say he's too nice, do you mean you feel bored, or do you mean you feel safe but this is too easy?"

I often tell singles: don't confuse peace with lack of attraction. A slow growth is actually better than fireworks even if it doesn't feel that way. Healthy relationships usually start softer. They don't spike your anxiety, they lower it. And for someone used to emotional highs and lows, that calm can feel almost flat at first.

That said, being a mensch doesn't automatically make someone the right match. Kindness is a foundation, not the whole building. She still needs emotional connection, admiration, and a sense that she's growing in the relationship. He needs to be more than a good guy. He needs to be a good guy for her.

So how do you help her?

Slow her down.

Instead of asking, "Is he the one?" encourage her to ask, "What happens when you spend time with him? Do you feel more like yourself, or less?" Attraction isn't fireworks, sometimes it's a quiet pull that builds when there's consistency.

You can also normalize that her system may need time to recalibrate. If every past relationship trained her to expect drama,

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then stability might feel strange before it feels good. That doesn't mean she's broken, it means she's learning a new emotional language.

And here's a gentle reframe you can offer her: maybe the question isn't "Why is he too nice?" Maybe the question is, "What happens to you when you're around a nice guy?"

If she's open, encourage her to stay present a little longer, not forever, not against her instincts, just long enough to see whether warmth can grow where chaos used to live.

Your job isn't to convince her to choose him. Your job is to help her separate old patterns from present reality.

Sometimes the biggest shift happens when someone realizes: calm doesn't mean empty. Calm can mean safe enough to finally build something real.

May she recognize who she becomes when she's around a nice guy and be open to the possibility that a nice guy can also be a great choice.

Blessings,

Aleeza ■

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