

# You may be a nice person if:

- You are always longing for something (or someone)
- You feel worried or fretful so often it seems normal
- You often don't know what you want or how you feel
- You are always thinking about what you wish you had said/done
- You are constantly second-guessing yourself
- You apologize frequently, especially for things you are not responsible for
- You take what you're given instead of asking for what you want
- You are often preoccupied with what other people think of you
- You are frequently surprised that other people don't reciprocate your good will
- You do favors for people with the secret hope that they will reciprocate
- You are more prone to feel sorry for yourself than to take action and fix a problem
- You tend to give more than you get (you might be resentful about this)
- It seems like other people get the attention or the acknowledgment
- It seems like other people get the dates, friends, partner, etc.
- Your emotional state mirrors your partner's (if your partner isn't happy, you aren't happy)

Which of these feel true to you?

Are there others that you would add?