



WHAT GUYS MEAN WHEN THEY TALK 'NICE'

DEAR DR. BELISA: A male co-worker of mine insists that women don't like it when men are "too nice." He's convinced that "nice guys finish last." What are your thoughts on this subject?
Amy

DEAR AMY: When women say "too nice," it is code for desperate or lacking in confidence. Nice? No, we love nice. He needs to be astute about subtleties like tone of voice and body language (something women by nature are pros at). I wonder if your friend is motivated to change. Has he asked for specific feedback about himself and really, REALLY listened?

Too often, men use the line "women don't like nice guys" to say they are good guys, they are victims, and that it's the world around them that should change. Tell him to get a psychologist or dating coach who is ruthless and will give him sometimes-uncomfortable feedback about his posture, choice of words, passive-aggressiveness and hygiene. We love nice guys — tell him not to give up!

DEAR DR. BELISA: My non-Spanish-speaking boyfriend is coming over to meet my mostly Spanish-speaking family. Should they try to speak English in front of him since he is the guest, or should he try to speak Spanish since he is visiting them at their home?
Lisa

DEAR LISA: Firstly, I hope he sees what a great opportunity this is: It can help his résumé, and almost by immersion (without the expensive trip!), teach him a useful and beautiful language.

As for the visit, he should know the basics before he gets there, and learn even a few lines that might serve as comedic relief, such as asking for seconds of "arroz" or commenting that "los platanos son deliciosos." If someone goes into a long-winded story with nuances and humor, it's okay if you lean over and give him the "Cliffs Notes" so he doesn't feel excluded (though he should be paying attention to catch words he knows rather than spacing out because he doesn't understand).

Lucky for him, the essence of eating together, later watching sports or listening to music and dancing are comprehensible regardless of the language. Suerte!

Dr. Belisa Vranich is a clinical psychologist and expert at the Gold's Gym Fitness Institute who specializes in health, fitness, relationships and more. Got a burning question you're too afraid to ask your friends? E-mail her at DailyNewsDoc@gmail.com.