When Being Considerate Leaves Too Little Room for You

By Steven Clemens | Triangle Wellness Counseling

Reflections on Dr. Aziz Gazipura's *Not Nice*

A colleague asks you to take on another task. You say yes, then realize it will fill an evening you had hoped to keep free. You want to help, but the commitment exceeds your capacity.

Making room to decide

In *Not Nice*, psychologist Dr. Aziz Gazipura examines how the wish to be agreeable can interfere with expressing a preference or asking for what you need. These themes offer a starting point for considering whose needs receive attention in your decisions.

When it is safe and possible, "I need to check what I can manage" gives you time to consider a request. Financial needs, unequal power, and important relationships may limit your options.

Understanding guilt

Guilt may point to a commitment you overlooked or something that needs repair. It may also arise because holding to your own plan feels unfamiliar.

Ask whether guilt points to harm that needs repair, a responsibility you overlooked, or discomfort with disappointing someone. It can inform your decision without settling it.

Discussing an arrangement that no longer fits

Being dependable can become an expectation that you are always available. In work, family, or a long-standing relationship, responsibilities may have developed gradually and remained unchanged as your capacity changed.

A recurring arrangement may need attention. What are you carrying? What has changed? A clarification such as "I can help with part of this" can begin that discussion. You decide what personal information to share.

Considering safety and support

Disappointment is different from threats, coercion, or retaliation. If disagreeing is unsafe, prioritize safety and appropriate support rather than trying to prove that you can be more assertive. Culture, community, and unequal power also affect which approaches are workable.

If these decisions keep becoming difficult, individual counseling can offer time to understand the expectations involved and consider what you can realistically offer. Your relationships, responsibilities, and goals help guide the work.

This post is general educational information and an original reflection on themes associated with *Not Nice*.