

HOW TO CONVINCE

with Lawyer Vince

STOP BEING NICE

— AND —

START BEING KIND

Hi HTC Family, It's Lawyer Vince!



If you've landed here, chances are you're done confusing being “**nice**” with being selfless to a fault. You're ready to start choosing yourself without the guilt, and that's something I deeply respect.

That's why I created **The Top 12 Phrases to Stop Being Nice and Start Being Kind**. Because real kindness includes you too. These phrases are about honoring your boundaries, speaking your truth, and making space for your own well-being.

Think of it as your go-to cheat sheet for handling tough conversations with ease and confidence.

These phrases aren't just for one-off situations. They're building blocks for a life where your needs matter too. When you practice choosing yourself, you start to speak up with clarity, set boundaries without second-guessing, and protect your energy without apology.

Confidence isn't about being forceful. It's about honoring your worth and acting like it. You don't need to be loud to be powerful. You just need to be clear. And you're already on your way.

This free pdf will show you how.

I'm so happy to have you here as a part of the HTC Fam!

- Lawyer Vince



Nice says: "Sure, no problem"

1

KIND SAYS: "I'd love to help, but my plate is full right now"

Saying "Sure, no problem" when you're already overwhelmed may keep the peace, but it costs you.

Try "I'd love to help, but my plate is full right now." It sets a kind, clear boundary. This respects both your limits and the relationship.

You're not saying no to them. You're saying yes to yourself.

Nice says: "That's okay"

2

KIND SAYS: "That didn't sit right with me, I want to talk about it"

Saying "That's okay" when it's not teaches people to overlook your feelings.

Kindness isn't about avoiding discomfort. Kindness is about honesty.

Try "That didn't sit right with me." It sets a clear boundary, invites real connection, and shows you respect yourself.

Nice says: "Whatever works for you"

3

KIND SAYS: "What works best for me is..."

Saying "Whatever works for you" may seem polite, but it often erases your own needs.

Kindness includes you too.

Try "What works best for me is..." It communicates flexibility without self-neglect and makes space for mutual respect.

Nice says: "I'm totally fine with that"

KIND SAYS: "I'm willing to help, but I do have my limits"

Saying "I'm totally fine with that" can dismiss your own discomfort just to keep things easy for others.

Kindness doesn't mean ignoring your limits.

Try "I'm willing to help, but I do have my limits." It's honest, respectful, and shows you value both the relationship and your well-being.

4

Nice says: "No worries at all"

KIND SAYS: "This matters to me. Let's talk about it."

People say "No worries at all" to keep the peace even when something is bothering them.

A better move?

"This matters to me. Let's talk about it."

It's not conflict. It's clarity.

You're not overreacting—you're honoring what matters.

5

Nice says: "It's okay, don't worry about it"

KIND SAYS: "I don't want resentment to build, so I want to be honest."

"It's okay, don't worry about it" keeps things polite, but it also buries how you really feel.

A kinder approach:

"I don't want resentment to build, so I want to be honest."

It's not about guilt. It's about clarity. Unspoken tension doesn't protect relationships. Honesty does.

6

Nice says: "I don't want to be a bother"

KIND SAYS: "I know you're busy, but I need to follow up"

Saying "I don't want to be a bother" puts your needs last before the conversation even starts.

A better way to lead:

"I know you're busy, but I need to follow up."

It's respectful and direct. You're not being a burden. You're being clear about what matters.

Nice says: "It's probably my fault"

KIND SAYS: "Let's figure out what happened without blaming."

Saying "It's probably my fault" might feel humble, but it puts all the weight on you even when it's not fair.

A kinder approach:

"Let's figure out what happened, without blaming."

It keeps the focus on solutions, not shame. Because taking all the blame isn't accountability. It's avoidance.

Nice says: "Sure, I can take that on"

KIND SAYS: "I don't have capacity for that right now"

Saying "Sure, I can take that on" when you're already stretched thin might seem helpful, but it sets you up for burnout.

A kinder response:

"I don't have capacity for that right now."

It's clear, respectful, and protects your energy.

Because saying yes to everything means saying no to yourself.



Nice says: "Totally up to you"

KIND SAYS: "Here's what I'd prefer...What do you think?"

Saying "Totally up to you" sounds flexible, but it can leave your needs completely out of the picture.

*A kinder way:
"Here's what I'd prefer... what do you think?"*

*It's honest and collaborative.
You're sharing your needs while still making space for theirs.*

10

Nice says: "I'll just figure it out"

KIND SAYS: "I could use some help. Can we talk through it together?"

Saying "I'll just figure it out" might feel independent, but it can isolate you and build quiet resentment.

*A kinder choice:
"I could use some help. Can we talk through it together?"*

*It's not weakness—it's connection.
Asking for support shows strength, not struggle.*

11

Nice says: "It's fine, I'll adjust"

KIND SAYS: "That change affects me. Can we find a solution that works for both of us?"

Saying "It's fine, I'll adjust" hides your needs to avoid conflict.

*A better option:
"That change affects me. Can we find a solution that works for both of us?"*

It's not selfish. It's shared respect.

12

Stop being NICE Start being KIND

If you've ever walked away thinking, "I should've said something," this is for you.

Being nice often means staying silent or avoiding discomfort. But real kindness is honest. It sets boundaries and speaks with respect.

These 12 phrases will help you stop being nice and start being kind. Because when you speak up clearly and calmly, everything about how you show up begins to shift.

What are your next steps?

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Most importantly, I'm so thankful you're here and part of the **HTC Fam!**

– Lawyer Vince

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