



PREMIUM
EBOOK

PREMIUM EBOOK

THE RED FLAG AND GREEN FLAG CHECKLIST

YOUR PRACTICAL REFERENCE GUIDE
FOR ASSESSING ANY MAN AT ANY STAGE

THE RED FLAG AND GREEN FLAG CHECKLIST



The Red Flag and Green Flag Checklist

Your Practical Reference Guide for Assessing Any Man at
Any Stage

A Note Before You Begin

This checklist is not a weapon.

It is not something you use to disqualify men before they have had a fair chance to show you who they are.

It is not a catalogue of suspicions to carry into every new interaction.

And it is not a substitute for the genuine, patient process of getting to know someone over time.

What it is is a reference tool. Something you return to at different stages of getting to know a man, not to score him against a list but to help you see clearly what your emotions might sometimes make it difficult to see.

Because the problem with red flags is not that they are invisible. It is that they are easy to explain away when you are already invested.

This checklist exists to make the explaining away harder.

Use it honestly. Use it regularly.

And use it in combination with everything you learned in the main guide, particularly Chapters Nine, Ten, Eleven and Twelve, where the thinking behind many of these flags was explored in depth.

I have organised this into three stages because the flags that are visible and relevant change as a relationship develops.

What you can observe in the first few conversations is different from what becomes visible after several months.

And what you need to assess before saying yes to marriage is different again.

Work through the stage that is relevant to where you currently are.

And revisit earlier stages if you feel like you moved through them too quickly.

STAGE ONE: The First Few Conversations

What to observe before you are emotionally invested.

This is your most important window. You are not yet attached. Your emotions have not yet built a case for why this particular person

deserves to stay. What you see now you will see most clearly. Pay close attention.

Green Flags: Stage One

He is direct and clear about his interest.

He does not play games about whether he is interested. He makes it clear, through his words, his consistency and his follow-through, that he is interested in getting to know you. Directness in the early stages is a sign of emotional maturity and self-assurance. A man who knows what he wants communicates it clearly.

He asks questions and actually listens to the answers.

In the first few conversations a man who is genuinely interested in you wants to know you, not just to impress you with himself. He asks follow-up questions. He remembers what you told him. He references earlier parts of the conversation. This quality of listening is rare and it is one of the clearest early signals of genuine interest and emotional intelligence.

He is respectful without being performative.

There is a difference between a man who is genuinely respectful and a man who is performing respect because he wants something. Genuine respect is consistent, it shows up in how he speaks to you, how he speaks about other people, how he handles moments of minor inconvenience. It does not suddenly disappear when the situation changes or when he thinks you are not paying attention.

He is honest about who he is, including the complicated parts.

A man who is comfortable with himself does not only present his highlight reel. He is willing, naturally and without being pushed, to be honest about his life, including the parts that are still works in progress. This kind of honesty early on is a sign of genuine self-awareness. It also makes it much easier to trust what he tells you about himself going forward.

He follows through on small things.

If he says he will call, he calls. If he says he will send something, he sends it. If he makes a small commitment, he keeps it. Small follow-through is one of the most reliable predictors of large follow-through. A man who cannot be trusted with the small things will not suddenly become reliable when the stakes are higher.

Red Flags: Stage One

He is vague about his life in ways that feel deliberate.

There is a difference between a private person and a person who is strategically withholding information. A private person is consistent and comfortable with their privacy. A person who is strategically vague becomes uncomfortable when asked reasonable questions, deflects specific details and creates a general sense that there is more than they are letting on. Vagueness about where he lives, what he does, his relationship history or his current situation deserves gentle but clear inquiry.

He moves too fast emotionally.

A man who is declaring deep feelings, using very intense language or trying to create a strong emotional bond within the first few conversations is not necessarily sincere. Premature intensity is sometimes genuine but it is also a common pattern in men who use emotional acceleration to bypass a woman's natural discernment.

Genuine feeling develops over time. Be thoughtful about intensity that arrives before it has been earned.

He is dismissive or condescending in conversation.

If he interrupts you consistently, dismisses your opinions with a tone that suggests they are not worth considering, speaks over you or makes comments that subtly diminish your intelligence or perspective, pay attention. How a man engages with your mind in early conversation is a preview of how he will engage with it in a relationship. Condescension that arrives early does not improve with familiarity.

He speaks about all his exes with contempt.

Every relationship ends. And some relationships end because the other person genuinely behaved badly. But a man who speaks about every previous partner with consistent contempt, who has no relationship from his past that he can speak about with any degree of fairness or accountability, is showing you something about his self-awareness and his willingness to take responsibility. The inability to acknowledge any part he may have played in things not working is a pattern worth noting.

Something feels consistently off but you cannot name it.

This is the flag most women dismiss because it is not specific enough to articulate. But your instincts are a form of intelligence. If something

consistently feels slightly wrong, if you regularly leave interactions with a vague unease that you cannot quite explain, do not dismiss it simply because you cannot name it. Stay present. Keep observing. Your instincts are processing information your conscious mind has not yet organised.

STAGE TWO: After Several Months

What becomes visible when the initial impression has settled.

By this stage you have had enough interaction to see patterns rather than isolated moments. This is where the real character assessment happens. Anyone can be on their best behaviour for a few weeks. Patterns across several months are far more revealing.

Green Flags: Stage Two

His behaviour is consistent whether you are watching or not.

You have now had enough time to observe him across different contexts, with his friends, with strangers, on a bad day, when things do not go as planned. And what you observe is consistent with what he presented early on. He is the same person in private that he is in

public. This consistency is one of the most important qualities a partner can have. It means what you see is what you get.

He handles conflict without it becoming a crisis.

Every relationship involves disagreement. By several months in you have likely had at least one moment of genuine tension or conflict.

How he navigated that moment is enormously revealing. Did he engage with the disagreement thoughtfully? Was he able to hear your perspective even when it challenged his? Did he take responsibility for his part? Did the relationship come through the conflict intact and even slightly stronger? These are the signs of a man who can do the long work of a real partnership.

He is integrating you into his life naturally.

By several months in a man who is serious begins to let his worlds overlap. You have met people from his life, not necessarily his entire family, but people who matter to him. He mentions you naturally to people he speaks to. He is not keeping you in a separate compartment from the rest of his existence. This natural integration is a sign that he sees you as part of his future rather than just his present.

He shows care in specific and personal ways.

Generic care, saying the right things, making broad gestures, is easy. Specific care is harder and more meaningful. By several months in a man who is genuinely invested begins to demonstrate that he has been paying attention. He remembers what you mentioned offhandedly three weeks ago. He checks in about something you were worried about. He makes choices that reflect knowledge of who you specifically are rather than just general good behaviour. Specific care is one of the clearest signals of genuine investment.

He speaks about the future in ways that include you.

Not necessarily explicit declarations. But by several months in a man who is moving toward something real begins to speak about his future in ways that naturally create space for your presence in it. He mentions things he wants to do and assumes you will be part of them. His plans begin to reflect the assumption that you will still be around. This natural inclusion is a quiet but significant signal.

Red Flags: Stage Two

The inconsistency pattern has emerged.

Hot and cold. Enthusiastic one week and distant the next. Full of plans and then unavailable without explanation. By several months in, if this

pattern has appeared more than once it is a pattern. Not a phase. Not a busy season. A pattern. Inconsistency at this stage is not a mystery to be solved. It is information to be acted on.

He becomes defensive or dismissive when you raise concerns.

By several months in you have likely had at least one occasion to raise something that concerned you. How he responded to that concern is critical information. A man who is genuinely invested in you and in the relationship will be able to receive a concern, take it seriously and respond to it with some degree of accountability. A man who becomes immediately defensive, turns the concern back on you, minimises what you experienced or apologises without any change in behaviour is showing you how conflict will be managed in your marriage. Believe what you see.

You still have not met anyone from his real life.

By several months of consistent interaction this is a significant flag.

Not meeting his family is understandable at this stage, family introductions have their own timing in Nigerian culture. But not having met a single friend, colleague or person from his actual daily life suggests a deliberate separation that deserves honest inquiry. Why is

he keeping you apart from his world? The answer to that question matters.

He expects access to your resources without reciprocity.

Financial dynamics in a developing relationship are revealing. By several months in a man who consistently expects you to contribute to shared experiences without reciprocating, who borrows without repayment, who makes financial demands without accountability or who seems to have a sense of entitlement to your financial support while taking no responsibility for his own, that pattern will not resolve itself after the wedding. It will intensify.

The relationship exists primarily on his terms.

Where you meet, when you meet, how much time you spend together, the pace of development, if all of these things are consistently shaped by his convenience and comfort with little regard for yours, that imbalance is worth examining. A partnership requires mutual consideration. A relationship that exists primarily on one person's terms is not a partnership. It is an arrangement. And it is not the arrangement you declared.

STAGE THREE: Before You Say Yes to Marriage

The final assessment before the most important decision of your life.

This stage is not about looking for reasons to say no. It is about making sure you have asked every honest question before you say yes. Because yes, in this context, is for life. And a yes made with full clarity is entirely different from a yes made with significant unanswered questions pushed to the back of your mind.

Green Flags: Stage Three

You have seen him under real pressure and he handled it with dignity.

Marriage will bring real pressure. Financial strain. Family difficulty. Health challenges. Professional setbacks. Before you say yes you should have seen how he handles genuine difficulty, not hypothetically, but in actual moments where something went wrong. A man who handles pressure with dignity, who does not collapse or lash out or abandon his values when things are hard, is a man whose character has been tested and held. That is what you need beside you for life.

His relationship with his family is healthy and boundaried.

By this stage you have a clear picture of how he relates to his family and how his family relates to your relationship. The question is not

whether his family is perfect, nobody's family is. The question is whether he has a clear sense of where his family ends and where your potential marriage begins. A man who loves his family and also has healthy boundaries with them is a man who can build a new family unit with you without it being constantly invaded by the old one.

You have had the essential conversations and his answers were clear.

By this stage you should have had genuine conversations about children, money, faith, roles within marriage, where you will live, how family will be involved and what your shared vision for life looks like. Not as an interview but as natural, honest exploration over time. And the picture that has emerged from those conversations should be one that is genuinely compatible with who you are and what you need. Not perfect. But compatible.

You feel peace, not just excitement.

Excitement is easy. Peace is harder to manufacture and harder to sustain if it is not genuine. Before you say yes ask yourself honestly: when I imagine my daily life with this person, do I feel peace? Not the absence of joy or passion. But the deep, settled sense that this is right. That this is safe. That this is the direction I am genuinely meant

to go. If the honest answer is yes, that peace is one of the most reliable signals available to you.

He makes you want to be better without making you feel like you are not enough.

The right partner does not make you feel inadequate. He makes you feel inspired. There is a difference between a man whose standards and qualities challenge you to grow and a man whose presence makes you feel like you are always slightly falling short. The first is a gift. The second is a burden. Before you say yes be honest about which one you are experiencing.

Red Flags: Stage Three

There are significant questions you have been avoiding.

If there is something important you have been deliberately not asking, about his finances, his past relationships, his expectations of marriage, his relationship with a specific family member, something you heard that you have not addressed, the fact that you have been avoiding it is itself a flag. The questions you are most afraid to ask are usually the ones most worth asking. Ask them before you say yes. Not after.

He has shown you who he is under pressure and it concerned you.

If you have seen him handle difficulty in a way that genuinely worried you, explosive anger, complete emotional shutdown, a pattern of blame and avoidance, behaviour toward you or others that you could not fully excuse, and you have explained it away rather than addressed it, this is the moment to stop explaining it away. What you have seen under pressure is the preview of what difficulty in marriage will look like. If the preview concerned you, take that seriously before you say yes.

The peace is missing even when you try to manufacture it.

Some women know, in a place they cannot quite access consciously, that something is not right. And they work very hard to convince themselves otherwise. They focus on the good things. They remind themselves of what they have invested. They tell themselves they are being too selective. But the peace does not come. And the absence of peace is not a small thing. It is one of the most honest signals available to you. If you cannot find genuine peace about this decision after honest reflection, do not proceed until you understand why.

You are saying yes because of pressure, not because of clarity.

This is perhaps the most important flag in this entire checklist. Before you say yes, ask yourself with complete honesty: am I saying yes because I am genuinely clear that this is the right man for the marriage I declared? Or am I saying yes because I am tired of waiting, afraid of starting over, responding to family pressure or simply relieved that someone serious finally showed up?

Both of those experiences are real. Both are understandable. But only one of them is a sufficient reason for the decision you are about to make.

You declared that you would marry once and marry right.

Make sure the yes you give is the yes that honours that declaration.

Quick Reference: Print and Keep

STAGE ONE: The First Few Conversations

GREEN FLAGS

- He is direct and clear about his interest without games or mixed signals

- He asks questions and genuinely listens to the answers

- He remembers details from earlier in the conversation and references them
- He is respectful consistently, not just when he wants something
- He is honest about himself including the parts that are still works in progress
- He follows through on small commitments without being reminded
- He makes you feel comfortable being yourself rather than performing
- His words and his actions are saying the same thing

RED FLAGS

- He is deliberately vague about his life, his living situation or his relationship history
- He is moving too fast emotionally before anything real has been established
- He interrupts, talks over you or dismisses your opinions consistently
- He speaks about every single ex with contempt and zero accountability

He makes subtle comments that diminish your intelligence or your worth

He asks for favours or financial assistance very early

Something consistently feels off even though you cannot name it

He is more interested in impressing you than in knowing you

STAGE TWO: After Several Months

GREEN FLAGS

His behaviour is the same whether you are watching or not

He is the same person in public that he is in private

He handles conflict without it becoming a crisis

He takes responsibility for his part when things go wrong

He has introduced you to people from his real life naturally

He shows care in specific and personal ways that reflect he has been paying attention

He speaks about the future in ways that naturally include you

- He is consistent week to week without you having to prompt or chase
- He respects your time and does not make last-minute plans habitually
- He is managing his finances with some degree of maturity and plan

RED FLAGS

- Hot and cold pattern has appeared more than once
- He becomes defensive or dismissive when you raise a concern
- He apologises without any change in behaviour afterward
- You have not met a single person from his real life after several months
- He expects access to your finances without reciprocity
- The relationship exists entirely on his terms and his convenience
- He disappears for stretches of time without satisfactory explanation
- He speaks about your relationship to others in a way that minimises what you are

- He discourages you from spending time with your friends or family
- You feel more anxious in this relationship than you feel at peace

STAGE THREE: Before You Say Yes to Marriage

GREEN FLAGS

- You have seen him under real pressure and he handled it with dignity
- He has healthy boundaries with his family, he loves them without being controlled by them
- You have had honest conversations about children, money, faith and roles in marriage
- His answers to the essential questions were clear and compatible with what you need
- You feel genuine peace when you imagine your daily life with this person
- He makes you want to be better without making you feel like you are not enough

You have met his family and the dynamic did not raise significant concerns

He has been consistent across different seasons and different pressures

You are saying yes from clarity not from pressure or exhaustion

The woman you are when you are with him is a version of yourself you respect

RED FLAGS

There are significant questions you have been deliberately avoiding asking

You have seen him handle pressure in a way that genuinely concerned you and explained it away

His relationship with his family has no clear boundary from your relationship

A family member, mother, sibling, relative, has more influence over him than you are comfortable with

- The essential conversations have not happened or his answers were vague
- You do not feel genuine peace when you imagine your daily life with this person
- You are saying yes because of family pressure, age anxiety or fear of starting over
- There is something important you already know but have not been willing to face
- You are hoping he will change after the wedding
- You cannot imagine telling your most honest friend everything and still feeling right about this

How to Use This Checklist

Green flags, acknowledge them. Let them build the picture of who this person genuinely is.

Red flags, do not explain them away immediately. Observe again. If the pattern persists, address it directly. A flag seen and ignored does not disappear. It moves into your marriage with you.

One red flag: pay attention and observe more carefully.

Two or three red flags: have an honest conversation about what you are seeing.

Multiple red flags across different categories: take this seriously before you invest further.

Any Stage Three red flag: do not proceed until you have addressed it fully and honestly.

Print this checklist or save it somewhere accessible. Return to it at each stage of a developing relationship, not to score the man in front of you but to help yourself see clearly.

When you notice a green flag, acknowledge it. Write it down if that helps. Let it build the picture of who this person is.

When you notice a red flag, do not explain it away immediately. Sit with it. Give it a second observation. And if it persists, address it, calmly, directly and with the full understanding that a flag seen and ignored does not disappear. It simply moves into your marriage with you.

And when you reach Stage Three, when the most important decision of your life is in front of you, come back to this checklist one final time. Read it slowly. Answer it honestly. And make the decision that the woman who declared I will marry once and marry right deserves to make.

With full clarity.

With genuine peace.

Without regret.