

BONUS GUIDE

IS HE SERIOUS?



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Before You Begin

"Is he serious about me, or just passing time?" It is one of the most common questions a woman can ask herself, and one of the hardest to answer clearly, because feelings can look similar on the surface even when intentions are completely different.

This guide will not tell you what to hope for. It will show you what to look for. Real seriousness is not loud. It shows up in small, steady, checkable ways, not just in sweet words said late at night.

Read through each sign with your own relationship in mind. By the end, you will have a clearer, calmer answer than you started with.

01

Why This Question Feels So Hard to Answer

Attraction and seriousness can look almost identical in the beginning. Both include attention, compliments, and excitement. That is exactly why so many women feel confused. The chemistry is real, but chemistry alone does not prove commitment.

The confusion usually clears up over time, not through a single conversation, but through a pattern of small actions repeated again and again. A man who is serious behaves differently once the excitement of the beginning settles down. This guide will help you notice that pattern clearly, instead of relying only on how a moment feels.

Amaka spent the first two months of a new relationship completely swept up, certain she had found something rare. It was only in month three, once the excitement calmed, that she could see clearly whether his actions matched the feeling. That quieter season, she realized, told her far more truth than the dizzy first weeks ever could.

It also helps to remember that seriousness is not one moment of realization. It is closer to a slow accumulation of evidence, gathered over weeks and months, until the answer becomes obvious on its own.

SECTION 01 RECAP

Why This Question Feels So Hard to Answer

Here is the heart of it, and one small way to put it into practice before you move on.

KEY TAKEAWAY

Feelings can be confusing. Patterns are not.

TRY THIS

Write down one honest example from the last month that shows this pattern, good or bad.

Come back to this page anytime you need a reminder.

02

He Talks About Structure, Not Just Feelings

Casual connections often stay in the world of feelings: how much fun you had, how attracted he is, how much he likes talking to you. Serious ones eventually move into the world of structure.

Notice if he brings up plans with real shape to them. Meeting each other's friends. Weekend trips that require actual planning. How holidays might work. These are not proposals, but they are small signs that he is thinking beyond the moment, considering how your life and his life might fit together in practical ways.

If months pass and every conversation stays purely emotional, with no structure ever mentioned, that itself is useful information.

Chidinma dated a man for nearly a year who spoke beautifully about his feelings for her, yet never once mentioned a shared plan more than two weeks away. It was only when she compared notes with a friend, whose boyfriend had already discussed moving in together after four months, that she noticed the missing structure in her own relationship. The feelings were real. The structure never came.

If structure is missing, it does not always mean he is uninterested. Sometimes the structure has simply not been discussed yet. What matters is whether it eventually appears, not whether it shows up in the first weeks.

SECTION 02 RECAP

He Talks About Structure, Not Just Feelings

Here is the heart of it, and one small way to put it into practice before you move on.

KEY TAKEAWAY

Feelings describe a moment. Structure describes a future.

TRY THIS

Notice the next time he mentions a future plan, and see if your name is naturally included.

Come back to this page anytime you need a reminder.

03

He Includes You In Real Decisions

A man who is serious starts to include you when decisions actually matter, not just the small ones like where to eat dinner.

Does he mention you when talking about a possible move for work? Does your opinion factor into how he spends a holiday? Does he consider how a big financial decision might affect the two of you, not just himself?

A man who sees you as temporary rarely does this. He keeps his big decisions in a separate room, one you are not invited into. A man building something real starts letting you into that room, a little more each month.

Yewande's husband once turned down a promotion that would have required significant travel, and he told her about the offer before he ever gave his employer an answer. She had not asked him to include her. He simply assumed, by that point in their relationship, that a decision that big belonged to both of them.

Being included in decisions does not mean he needs your permission for everything. It means your existence is factored into his thinking automatically, the way a person naturally considers a true partner.

SECTION 03 RECAP**He Includes You In Real Decisions**

Here is the heart of it, and one small way to put it into practice before you move on.

KEY TAKEAWAY

Watch which decisions he lets you into, not just which words he uses.

TRY THIS

Think of the last big decision he made. Were you part of that conversation at all?

Come back to this page anytime you need a reminder.

04

He Is Consistent When No One Is Watching

Anyone can be attentive on a date night, when both people are dressed up and trying. The real test is consistency in ordinary, unremarkable moments, when there is no audience and no occasion.

Does he still text good morning on a boring Tuesday? Does he still show up when nothing exciting is happening? Consistency during ordinary life is one of the strongest, most reliable signs of seriousness there is, because it cannot be faked for long.

If his attention only appears during exciting moments and disappears during quiet, ordinary stretches, pay close attention to that pattern.

Funke's boyfriend was never flashy or dramatic, but she noticed that on the most boring, forgettable Tuesday evenings, he still called just to hear about her day. There was no special occasion prompting it. It became one of the quiet clues she trusted most, because it never once depended on there being a reason.

This kind of consistency is hard to fake for long, since it requires no audience and offers no reward beyond the relationship itself. That is exactly why it is one of the most trustworthy signs there is.

SECTION 04 RECAP

He Is Consistent When No One Is Watching

Here is the heart of it, and one small way to put it into practice before you move on.

KEY TAKEAWAY

Ordinary Tuesdays reveal more than special occasions do.

TRY THIS

Pay attention to next Tuesday, an ordinary day with nothing special happening.

Come back to this page anytime you need a reminder.

05

He Handles Conflict Like a Partner, Not a Stranger

Disagreements reveal character quickly. A man who is serious about you tends to stay present during conflict, even when it is uncomfortable. He may need time to cool down, but he comes back to resolve things, rather than disappearing for days.

A man who is not serious often treats conflict as a reason to create distance permanently, using it as a quiet exit rather than something to work through. Watch how he handles disagreement, not just how he handles good days. It tells you whether he sees you as someone worth working things out with.

Ijeoma once had a serious disagreement with her partner that left them both upset for an entire evening. He left the room to cool down, as he often did, but he came back an hour later, ready to talk it through calmly. That return, she later realized, mattered more to her than the disagreement itself ever did.

Pay attention not just to whether he returns after conflict, but how. Does he come back ready to understand your side, or only to defend his own? Both matter, but returning at all is the first sign.

SECTION 05 RECAP

He Handles Conflict Like a Partner, Not a Stranger

Here is the heart of it, and one small way to put it into practice before you move on.

KEY TAKEAWAY

How he handles conflict shows you how much he values staying.

TRY THIS

Recall your last disagreement. Did he stay in the room, or did he disappear?

Come back to this page anytime you need a reminder.

06

He Moves At a Pace That Matches His Words

Words are easy to say. Pace is harder to fake. If a man tells you he is serious, but months pass with no real change in how the relationship moves forward, that gap between words and pace is worth noticing.

This does not mean rushing things unnecessarily. Some relationships move slowly for good reasons. It simply means paying attention to whether the relationship is moving at all, in a direction that matches what he is telling you.

Serious men tend to close the gap between their words and their actions, steadily, over time. Watch that gap closely.

Tolu once dated a man who told her, within weeks, that she was "different from anyone else." Yet a year later, nothing about the relationship had changed shape at all: no meeting his family, no real plans, no shift in commitment. The words had arrived quickly. The pace never did. Eventually, she trusted the pace over the words, and she was right to.

It can help to write down, every few months, what has actually changed in the relationship. If the list stays empty for a long stretch despite warm words, that gap is worth taking seriously.

SECTION 06 RECAP

He Moves At a Pace That Matches His Words

Here is the heart of it, and one small way to put it into practice before you move on.

KEY TAKEAWAY

Trust the pace, not just the promise.

TRY THIS

Compare what he told you last month to what has actually happened since.

Come back to this page anytime you need a reminder.

A Final Word

None of these signs, alone, prove everything. But together, over time, they build a clear picture. A serious man brings structure, consistency, inclusion, and steady pace, not just warm words in quiet moments.

If you read through this guide and recognized these patterns already in your relationship, trust what you have seen. And if you noticed the opposite, let that be useful information too, not a reason for panic, but a reason for clarity.

With warmth, Dede Okeke