

BONUS GUIDE

THE FIRST 30 DAYS



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Before You Begin

The first thirty days with someone new set a quiet foundation for everything that follows. Most people do not realize how much is actually decided in this short window, not through big conversations, but through small, repeated patterns.

This guide walks you through those first thirty days in four simple stages. You will not find rules meant to trap or trick anyone here. You will find a calm way to watch, notice, and build something honest from the very start.

01

Why the First 30 Days Matter

In the beginning, everyone is on their best behavior. That is normal, and it is not dishonest by itself. But underneath the good behavior, real patterns are already starting to form, patterns in communication, effort, and follow-through.

The first thirty days are not about testing someone unfairly. They are about paying calm attention, instead of getting swept away completely by excitement. What you notice now often tells you more than what you are told later.

Amaka once described the first month with her now-husband as "watching a slow, honest movie." She was not looking for problems. She was simply awake to what was actually happening, instead of only to how the excitement of something new made her feel.

Keeping a simple mental list, or a few notes on your phone, can help you remember what you actually observed, rather than what excitement later convinces you that you saw.

SECTION 01 RECAP

Why the First 30 Days Matter

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

KEY TAKEAWAY

Excitement fades. Patterns remain. Watch the patterns.

TRY THIS

Write down what you are watching for this month, before excitement clouds your memory of it.

Come back to this page anytime you need a reminder.

02

Week One: Watch, Don't Perform

In the first week, many people slip into performance mode, trying to appear perfect, agreeable, and endlessly easygoing. It is tempting, but it rarely reflects who you really are.

Instead, focus on watching calmly. Notice how he treats other people, like servers or strangers, not just you. Notice how he listens when you talk. Notice if his words and his actions already match, even in these small early moments. You do not need to interrogate him. Simply pay attention with clear eyes.

Tolu noticed, on a very first date, the way a man spoke to the restaurant server, patient and warm even when an order came out wrong. It was a small moment, easy to overlook, but she remembered it months later as one of the clearest early signs of his character.

This does not mean judging someone harshly for one awkward moment. Everyone has an off day. It means paying attention to the overall tone of how he moves through the world, not just toward you.

SECTION 02 RECAP**Week One: Watch, Don't Perform**

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

KEY TAKEAWAY

Let him meet the real you, and watch the real him.

TRY THIS

Notice how he treats one stranger this week, like a server or a driver.

Come back to this page anytime you need a reminder.

03

Week Two: Notice the Patterns

By the second week, small patterns start to repeat. Does he follow through on plans he suggested himself? Does he text or call with any real consistency, or does contact feel random and unpredictable?

This is not about counting messages like a scorekeeper. It is about noticing the shape of his effort. Effort that shows up reliably, even in small ways, usually means more than a single grand gesture. Write down, even just in your own mind, what you are noticing so far.

Yewande dated someone briefly who suggested wonderful plans constantly, a weekend trip, a fancy dinner, a concert, yet almost none of them ever actually happened. By week two, the pattern was clear: big talk, little follow-through. That pattern told her more than any of his exciting ideas ever did.

If you notice a gap between his suggestions and his follow-through, gently mention one specific plan rather than generalizing. His response to that small, direct moment often tells you a great deal.

SECTION 03 RECAP**Week Two: Notice the Patterns**

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

KEY TAKEAWAY

A pattern of small effort matters more than one big gesture.

TRY THIS

Keep a simple mental note of how many plans he follows through on this week.

Come back to this page anytime you need a reminder.

04

Week Three: Test Consistency, Not Loyalty

It is far too early in most cases to test loyalty directly, and doing so can create unnecessary drama. Instead, gently test consistency. Does he still show the same interest during an ordinary, uneventful week, without any special occasion pushing him to make an effort?

Consistency during boring, low-stakes moments tells you far more than loyalty tests ever could. A man who stays warm and present when nothing exciting is happening is showing you something real about how he will likely behave later on.

Chidinma noticed that during a completely uneventful week, with no dates planned and nothing special happening, the man she was seeing still checked in daily, just to talk. There was no occasion prompting it. That quiet, unglamorous consistency told her more than any romantic gesture had so far.

It can also help to notice your own comfort level during quiet weeks. If you feel anxious whenever there is no grand gesture, that is worth examining too, separately from what he is doing.

SECTION 04 RECAP

Week Three: Test Consistency, Not Loyalty

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

KEY TAKEAWAY

Consistency in quiet weeks says more than promises ever could.

TRY THIS

Pick one ordinary weekday to pay close attention to, with nothing special happening.

Come back to this page anytime you need a reminder.

05

Week Four: Decide What You're Building

By the fourth week, you likely have enough real information to start asking yourself an honest question: what exactly are we building here, and does it match what I actually want?

This is a good moment for a light, honest conversation about where things stand, not a demand for a permanent decision, but an open, calm check-in. How he responds to this kind of gentle honesty often tells you a great deal about how he handles vulnerability in general.

Funke asked, gently, around the one-month mark, "How are you feeling about where this is heading?" She was not demanding a label. She simply wanted honesty. His calm, thoughtful answer, and the fact that he did not flinch at the question, told her the foundation they were building was a steady one.

There is no single right answer to this conversation. What matters most is whether it feels possible, calm, and honest, rather than something you are afraid to bring up at all.

SECTION 05 RECAP

Week Four: Decide What You're Building

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

KEY TAKEAWAY

Thirty days in, you deserve honest clarity, not more guessing.

TRY THIS

Have one honest, low-pressure conversation about where things feel like they are heading.

Come back to this page anytime you need a reminder.

06

Closing: Trust the Pattern, Not the Promise

Promises are easy to make in the excitement of something new. Patterns take thirty real days to reveal themselves honestly. If his words and his pattern already match by the end of this first month, that is a strong, hopeful sign. If there is a wide gap between what he says and what he consistently does, trust the pattern over the promise every time.

You are not being unfair by paying attention. You are simply giving yourself the clarity you deserve, right from the very beginning.

Ijeoma looked back on her own first thirty days years later and realized the pattern she noticed then, quiet consistency, honest answers, small daily effort, had simply continued for years afterward, largely unchanged. The first month, she said, had not lied to her. She just had to be willing to watch it clearly.

If you look back at the first thirty days of any past relationship, the pattern was likely already visible, quietly, the whole time. Trust that quiet evidence going forward.

SECTION 06 RECAP

Closing: Trust the Pattern, Not the Promise

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

KEY TAKEAWAY

When words and patterns disagree, believe the pattern.

TRY THIS

Compare his words from day one to his actions on day thirty, side by side.

Come back to this page anytime you need a reminder.

A Final Word

The first thirty days are not a test to pass or fail. They are simply a window of honest observation, a chance to see someone clearly before your feelings grow too attached to see straight.

Watch calmly. Notice the patterns. And trust what you see, not just what you are told. That foundation will serve you well, no matter where the relationship goes from here.

With warmth, Dede Okeke