

# IS HE THE ONE, OR JUST FAMILIAR?

*Tell Real Love From Comfortable Habit.*



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## A WARM WELCOME

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# Hello, Friend!

My name is Dede Okeke. I wrote this small book just for you. It is a bonus gift. It is short. It is easy to read. And it will help your heart a lot.

Have you ever asked yourself, 'Do I really love him, or am I just used to him?' Maybe you have been together a long time. Maybe things feel calm, but not exciting. Maybe you are not sure what you feel anymore.

This is a very common question. Many people feel this way. Love and habit can feel almost the same on the outside, but they are not the same thing at all.

This book has 10 short lessons. Each one will help you understand your own heart better. Read one lesson a day, or read them all today. It is up to you.

### **A LITTLE PROMISE**

By the end of this book, you will know the clear signs of real love, and the clear signs of just being used to someone.

# What Is Real Love?

Real love is a feeling that makes you want good things for the other person, even when it is hard for you.

Real love is kind. It is patient. It still cares about you even on bad days. Real love wants to see you grow and be happy, even outside the relationship.

Real love also feels safe. You can be your true self. You do not have to hide your feelings or pretend to be someone else.

It is important to know what real love feels like, because then it becomes easier to see when something is not really love at all.

**REMEMBER THIS**

Real love grows. It does not stay the same forever. It gets stronger when both people keep trying.

# What Is Just Familiar?

Familiar means something you know very well. It is comfortable, like your favourite old shoes.

Sometimes, we stay with someone not because we love them deeply, but because we are used to them. Change feels scary, so we stay where it feels safe, even if we are not truly happy.

Being familiar with someone is not a bad thing on its own. But it becomes a problem when it is the **ONLY** reason you are still together.

- You stay because leaving feels scary, not because you are happy.
- You do not feel excited to see them anymore, only used to them.
- You wonder 'what if' about other people or other paths.
- You feel more relief than joy when you think of the relationship.

**ASK YOURSELF**

Do I stay because my heart is happy, or because leaving feels too hard?

# The Feeling Test

One good way to check your heart is to notice how you feel BEFORE you see him, not just when you are with him.

Do you feel warm and happy when you know you will see him soon? Or do you feel nothing much, like it is just another normal day?

Both feelings are normal sometimes. But if you almost never feel warm or happy about seeing him, that is something worth paying attention to.

- Notice your feelings the moment his name pops up on your phone.
- Notice how you feel the night before you plan to see him.
- Notice if you smile without trying, just thinking about him.
- Write your feelings down for one full week and read them back.

## TRY IT NOW

Tonight, write down three words that describe how you feel about him. Be very honest.

# Does He Still Try?

In real love, both people keep trying, even after a long time together. Trying does not stop just because you know each other well.

Does he still ask about your day? Does he still say nice words to you? Does he still make small efforts, like helping you or checking on you?

If the trying has stopped completely, from both sides, the relationship may be running only on habit, not on love.

- He still listens when you talk about your day.
- He still says kind words, not just when he wants something.
- He still makes small plans to spend time with you.
- He still notices when something is wrong with you.

## **SMALL TRUTH**

Love is shown in small daily actions, not only in big words or big gifts.

# The Growth Question

Real love helps you grow into a better person. It does not keep you stuck or small.

Ask yourself, 'Am I becoming a better, happier person because of this relationship? Or do I feel smaller, more tired, or less sure of myself?'

A relationship built on real love should lift you up more than it brings you down. It is okay to have hard days, but the overall feeling should be growth, not shrinking.

- You feel free to chase your dreams and goals.
- You feel more confident, not less, since being together.
- Your friends and family notice you are happier, not sadder.
- You still feel like yourself, not a smaller version of you.

**REFLECT**

Think back to one year ago. Are you growing, staying the same, or shrinking in this relationship?

# Fear Versus Love

Sometimes we stay in a relationship because of fear, not love. Fear can wear a mask that looks like love, but it is not the same thing.

Fear says, 'What if I never find anyone else?' or 'What if I am alone forever?' Love says, 'I choose this person because they make my life better.'

It helps to sit quietly and ask yourself which voice is louder in your heart. Is it fear talking, or is it real love?

- Fear focuses on what you might lose by leaving.
- Love focuses on what you gain by staying together.
- Fear feels heavy and worried in your chest.
- Love feels warm and calm, even during disagreements.

**GENTLE REMINDER**

Choosing someone out of fear is not the same as choosing them out of love. You deserve to know the difference.

# How You Handle Hard Days

Every relationship has hard days. But how you and he handle those hard days tells you a lot about real love.

In real love, you can talk about problems calmly. You both want to fix things together. In just-familiar relationships, problems often get ignored, or the same fights happen again and again with no change.

Notice if hard days bring you closer together, or if they just get swept under the rug and forgotten, only to return later.

- You can talk about problems without too much fear.
- He listens to your side, even when he disagrees.
- Old fights do not keep repeating with no change at all.
- You feel like a team, not like two people just coexisting.

**THINK ABOUT IT**

Do your hard days end in 'we fixed it together', or in silence that just fades away?

# The Future Talk

Real love usually wants to talk about the future together. Habit often avoids that talk completely.

Does he talk about plans that include you, like next year or next season? Or does he change the subject whenever the future comes up?

This does not mean you must rush into big decisions. It simply means real love is not afraid to imagine tomorrow together.

- He talks about future plans that include you in them.
- He does not avoid or dodge serious conversations.
- You both feel excited, not scared, about growing together.
- Your goals and his goals can fit together, not clash badly.

## **SIMPLE QUESTION**

The next time it feels right, gently ask about the future. Notice how he responds, not just what he says.

# Trust Your Body

Your body often knows things before your mind fully understands them. Learn to notice how your body feels around him.

Do you feel light and relaxed when you are with him? Or do you often feel tight, tired, or heavy in your chest? Your body rarely lies, even when your mind makes excuses.

This is not about one bad day. It is about the pattern over many weeks and months. Patterns tell the truest story.

- Notice if you feel relaxed or tense around him most days.
- Notice your sleep. Worry can quietly affect how you rest.
- Notice if you feel like you can breathe freely and be calm.
- Notice these feelings over many weeks, not just one moment.

## **BODY CHECK**

For the next few days, simply notice how your body feels before and after time with him.

# Choosing With Honesty

After all this reflection, the final step is choosing with honesty, not fear or pressure from others.

It is okay if the answer is 'yes, this is real love.' It is also okay if the answer is 'this feels more like habit.' Either answer is useful, because now you know the truth.

Whatever you choose next, choose it because it is right for your heart, not because it is easy or expected by others.

- Be honest with yourself first, before anyone else.
- Give yourself permission to feel whatever is true for you.
- Talk to someone you trust if you need help deciding.
- Remember, you deserve real love, not just comfort.

## FINAL THOUGHT

Knowing the truth is always better than staying confused. You are brave for asking this question at all.

# Real Love Checklist

Go through this short list when you need a clear, honest check on your heart.

1. I feel warm and happy thinking about seeing him.
2. He still tries, in small ways, every week.
3. I am growing, not shrinking, because of this love.
4. Fear is not the main reason I am still here.
5. We can talk calmly about hard days.
6. He is not afraid to talk about our future.
7. My body feels calm and relaxed around him.
8. I am choosing this with honesty, not pressure.

## PRACTICE PLAN

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# Your 7-Day Reflection Plan

Reading is good, but reflecting makes the truth clear. Try this simple plan for one week.

### DAY 1

Write down three words that describe how you feel about him.

### DAY 2

Notice your body's feelings before and after time together.

### DAY 3

Ask yourself if fear or love is louder in your heart.

### DAY 4

Notice if he still tries in small, daily ways.

### DAY 5

Reflect on whether you are growing or shrinking lately.

### DAY 6

Have one calm, honest talk about a hard topic.

### DAY 7

Sit quietly and write down your true, honest answer.

# You Know Your Heart Now

You have finished this bonus guide. Now you have 10 clear ways to tell real love apart from comfortable habit.

Whatever your heart tells you, trust it. Real love is worth waiting for, and honesty with yourself is always the first, bravest step.

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## ABOUT THE AUTHOR

Dede Okeke writes simple, friendly guides to help everyday people understand their hearts, their relationships, and themselves, one small step at a time.

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