

DATING FOR MARRIAGE

BONUS
#2

The Red Flag, Green Flag & Grey Area Dating Decoder™

SPOT THE SIGNS. UNDERSTAND THE PATTERNS.
MAKE BETTER CHOICES.

RED FLAG –
Watch Closely



Spot
patterns

GREEN FLAG –
Keep Going



Understand
context

GREY AREA –
Look Deeper



Choose with
confidence

MIKKY OLAYINKA –
Lifestyle and Relationship coach

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Dating advice can sometimes make everything sound like a warning sign.

“He didn’t text back quickly”.

Red flag!

“He is close to his family”.

Red flag!

“He doesn’t want to introduce you immediately”.

Red flag!

“He has different hobbies”.

Red flag!

Real life is more intricate.

Use this decoder instead:

GREEN FLAG

A behaviour is more encouraging when it demonstrates following:

Consistency

He generally follows through.

Respect

He respects your boundaries, opinions, and individuality.

Accountability

He can admit when he is wrong.

Communication

He is willing to discuss difficult things.

Curiosity

He wants to understand you rather than simply impress you.

Follow-through

Promises are generally supported by action.

Emotional maturity

He can handle disappointment **without manipulation or punishment.**

RED FLAG

Take repeated patterns seriously when you see:

Dishonesty

Manipulation

Controlling behaviour

Boundary violations

Repeated disrespect

Blame-shifting

Chronic inconsistency

Refusal to discuss important issues

Pressure to move faster than you are comfortable with

Repeated promises without meaningful change

GREY AREA

Some things need context.

Instead of asking:

“Is this a red flag?”

Ask:

1. Is this a one-off or a pattern?
2. Was there a reasonable explanation?
3. Did he communicate?
4. How did he respond when I raised it?
5. Did the behaviour improve?
6. Does this work for me?

This is the difference between discernment and hypervigilance.

You are not trying to find reasons to reject someone.

You are trying to understand what you are actually experiencing.