



# The REAL 90-DAY RULE

A transformative intentional  
dating tool:  
**No games. Just clarity.**



## The 90-Day Rule That Actually Gets Results (And Why the Old One Is a Myth)

A lot of women swear by the **90-day rule**—waiting three months before having sex—as a way to test if someone is serious. But let's be real: that rule doesn't actually reveal anything about **emotional intelligence, communication skills, or long-term compatibility**.

People can wait 90 days and still ghost. People can wait 90 days and still be emotionally unavailable. **Delaying sex isn't the same as vetting someone**. So instead of focusing on **how long** you wait, focus on **what you're waiting to see**. That's where the **Real 90-Day Rule** checklist comes in.

# The 90-Day Rule That Actually Works:

✗ **Not:** “No sex for 90 days.”

✓ **Instead:** “If he checks all 10 boxes, I commit to giving this connection at least 90 days before deciding to walk away.”

## Why This Works Better:

- **It's based on actions, not just time.** A guy can pretend for 90 days if the only goal is waiting it out. But if he's consistently meeting all 10 emotional intelligence criteria? That's real.
- **It shifts the focus from 'testing him' to evaluating real compatibility.** You're not making someone 'prove' they can wait—you're seeing if they show up in a way that builds trust.
- **It prevents self-sabotage.** When someone actually meets your standards, old fears, impatience, or patterns might make you want to run. This rule stops you from cutting off something good just because it feels unfamiliar.

# The New 90-Day Rule: What to Do Instead of Testing His Sex Drive

**If a man consistently meets all 10 checklist criteria, make a vow to yourself:**

“For the next 90 days, I will invest in seeing where this can go. I will not self-sabotage, assume the worst, or cut it off too soon out of fear.”

Instead of focusing on what you’re withholding (**sex**), focus on what you’re observing (**emotional intelligence, transparency, and respect for boundaries**).

If after 90 days of alignment, things feel right, you won’t have to wonder if you wasted time. You’ll know you made a decision based on **clarity**, not *impulse*.

**The real test isn’t how long he waits—it’s whether he consistently shows up in the ways that matter. 🚀**




# Why Journaling is Crucial for Intentional Dating

In the moment, dating can feel like a whirlwind—excitement, nerves, attraction, doubts, and past baggage all mixing together. That’s exactly why journaling about each checklist criterion throughout the dating process is **non-negotiable**.

## 1. Feelings Distort Our Memories and Experiences:

- Attraction can make us overlook red flags. If you’re physically attracted to someone, you’re more likely to excuse inconsistencies or rationalize behavior that doesn’t actually align with your values.
- Fear can make us sabotage good connections. If you’ve been hurt before, you might hyperfocus on small things that confirm your worst fears instead of seeing the whole picture.
- Memory is unreliable. A bad date might make you forget all the good moments, and a romantic high might make you ignore past concerns.


 **Journaling removes the guesswork.** Instead of relying on how you feel in the moment, you have written proof of how this person is consistently showing up.

## 2. Journaling Puts Your Thinking Brain in the Driver’s Seat:

Attraction can override logic, but journaling forces you to engage your prefrontal cortex—the part of your brain responsible for critical thinking and decision-making.

**When you journal, you:**


- ✓ Slow down impulsive decision-making.
- ✓ See patterns instead of getting lost in the moment.
- ✓ Make choices based on reality, not just emotions.


 **Example:** If your journal shows that he’s been inconsistent in communication, dismissed your feelings, and never initiated thoughtful plans—but your heart is saying, “But we have amazing chemistry!”—you now have tangible evidence that chemistry alone isn’t enough.

# How to Journal Through the Intentional Dating Process

At the end of each date or major conversation, write down:

- **Which checklist criteria did they meet today?** (Be specific—what did they do or say that showed this?)
- **How did I feel before, during, and after spending time with them?**
- **Am I seeing consistency or just isolated moments of effort?**
- **What patterns am I noticing?**

 If your journal repeatedly shows alignment, that's a sign to keep investing in the connection.

 If your journal repeatedly shows inconsistency, it's a sign you're falling for potential, not reality.

# **Journaling = Your Secret Weapon for Intentional Dating**

**The real test isn't how long he waits—it's whether he consistently shows up in the ways that matter.**

Journaling keeps you accountable to yourself and helps you date with clarity instead of confusion.

Because at the end of the day, the goal isn't to win someone over—it's to make a wise, self-honoring choice about who deserves your time, energy, and heart. ❤️

# THE 90-DAY RULE CHECKLIST

✓ 1. They communicate clearly and directly—no vague answers about their intentions, availability, or interest in you.

**This sounds like:**

💬 “I’m really enjoying getting to know you. I’m looking for marriage, so I want to be intentional about who I spend time with.”

🚩 **Red flag:** “I’m just going with the flow and seeing what happens.”

**Write concrete examples below.**

(tip use a different color highlighter for green flags and red flags. This makes it easier to review.)





✓ 2. They ask meaningful questions about your values, beliefs, and experiences instead of keeping conversations surface-level.

**This sounds like:**

💬 “What’s something that’s shaped the way you see relationships? What do you value most in a partner?”

🚩 **Red flag:** “So what’s your favorite color?” (...and this is as deep as his questions go)

**Write concrete examples below.**

(tip use a different color highlighter for green flags and red flags. This makes it easier to review.)



✓ 3. They actively listen and respond thoughtfully instead of just waiting for their turn to talk.

**This sounds like:**

💬 “That makes so much sense. You said you value honesty—was there a time when someone’s honesty made a big impact on you?”

🚩 **Red flag:** “Yeah, that’s cool. Let me tell you about this crazy thing that happened to ME...”

**Write concrete examples below.**

(tip use a different color highlighter for green flags and red flags. This makes it easier to review.)



✓ 4. They are honest and upfront about what they're looking for in dating so you're not left guessing.

**This sounds like:**

💬 "I know I want a serious relationship, but I also believe it's important to take the time to build a real connection first."

🚩 **Red flag:** "I don't like labels, let's just see where things go."

**Write concrete examples below.**

(tip use a different color highlighter for green flags and red flags. This makes it easier to review.)





✓ 5. They respect your time by communicating consistently and following through on what they say.

**This sounds like:**

💬 “Hey, I’m running five minutes late but I’ll be there soon. Just wanted to give you a heads-up!”

🚩 **Red flag:** Ghosting for days, then texting, “Hey, what’s up?” like nothing happened.

**Write concrete examples below.**

(tip use a different color highlighter for green flags and red flags. This makes it easier to review.)



✓ 6. They have not tried to push your boundaries—whether emotional, physical, or time-related.

**This sounds like:**

💬 “I completely understand if you’re not comfortable with that yet. Let me know what works for you.”

🚩 **Red flag:** “Come on, it’s not a big deal.”

**Write concrete examples below.**

(tip use a different color highlighter for green flags and red flags. This makes it easier to review.)



✓ 7. They express their thoughts, needs, and feelings in a direct and emotionally mature way.

**This sounds like:**

💬 “I’m enjoying getting to know you. I think we are compatible in my top two values, spirituality and the importance of family. But I also want to make sure we’re on the same page. How do you feel about where this is going?”

🚩 **Red flag:** Passive-aggressive comments, guilt-tripping, or suddenly acting distant instead of talking things out.

**Write concrete examples below.**

(tip use a different color highlighter for green flags and red flags. This makes it easier to review.)





✓ 8. They handle disagreements or differing opinions with curiosity and respect instead of defensiveness.

**This sounds like:**

💬 “I see it differently, but I get where you’re coming from. Tell me more about why you feel that way.”

🚩 **Red flag:** “Wow, I can’t believe you think that. Most people would disagree with you.”

**Write concrete examples below.**

(tip use a different color highlighter for green flags and red flags. This makes it easier to review.)



✓ 9. They show emotional self-awareness—taking responsibility for their own emotions instead of blaming others.

**This sounds like:**

💬 “I’ve learned a lot from past relationships. I realized I struggled with communication, so I’ve been working on my openness for the last two years.”

🚩 **Red flag:** “All my exes were crazy.”

**Write concrete examples below.**

(tip use a different color highlighter for green flags and red flags. This makes it easier to review.)



✓ 10. **You feel emotionally safe in conversation with them—free to express yourself without fear of judgment, pressure, or manipulation.**

**This sounds like:**

💬 “I want you to be comfortable being yourself with me. If anything ever feels off, just let me know.”

🚩 **Red flag:** You feel like you have to filter yourself to keep them interested.

**Write concrete examples below.**

(tip use a different color highlighter for green flags and red flags. This makes it easier to review.)





If you ever need additional support or guidance throughout your intentional dating journey, feel free to reach out.



**Coach Mel**

[info@CouplesDevelopment.com](mailto:info@CouplesDevelopment.com)

**[CouplesDevelopment.com](http://CouplesDevelopment.com)**