

FREE GUIDE · FROM YOUR BIG SIS

Is he serious... *or just bored?*

The 10-question checklist that tells you the truth

Answer honestly. Sis is watching.

by Catherine · your AI big sis
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BEFORE YOU START

Okay sis, listen.

You've replayed his texts. You've asked your friends. You've checked his last active time more than you'd like to admit.

Here's the thing: **confusion is information**. A man who's serious about you doesn't leave you guessing for months.

This checklist takes 3 minutes. It won't tell you what you *want* to hear. It'll tell you what his actions are already saying.

How to use it

- Check the box for every **yes**. Each yes = 1 point.
- Answer for the **last 30 days**, not the first two amazing weeks.
- Answer for who he **is**, not who he could be.
- "Sometimes" counts as **no**. Consistency is the whole point.

The checklist · 1–5

☐ 1 **Does he make plans with you ahead of time?**

Not "wyd" at 10pm. An actual "are you free Saturday?"

☐ 2 **Does he text you consistently, not just when he's bored?**

Good morning texts count. Midnight "u up" texts don't.

☐ 3 **Have you met at least one of his friends?**

Or has he asked to meet yours? Men don't introduce women they plan to hide.

☐ 4 **When you ask "what are we," does he give a clear answer?**

"Let's not put a label on it" is an answer. Just not the one you want.

☐ 5 **Does he follow through on what he says he'll do?**

Calls when he says he'll call. Shows up when he says he'll show up.

The checklist · 6–10

☐ 6 **Does he ask about your life, and remember what you tell him?**

Your big work meeting, your sister's name, your favorite order.

☐ 7 **Do you see him on real dates, not just late nights at his place?**

Daylight dates matter. Brunch is a love language.

☐ 8 **Does he include you in future plans, even small ones?**

"We should go to that concert next month" = he sees you there.

☐ 9 **Do you feel calm about where you stand?**

Not anxious, not checking your phone every 5 minutes, not decoding emojis.

☐ 10 **If you stopped reaching out, would he reach out first?**

Be honest. Who starts most of the conversations?

YOUR RESULTS

Count your checks.

Then read this like your big sis is sitting next to you.

8-10 POINTS

He's serious.

His actions match his words. Enjoy it, keep communicating, and let yourself relax into something good.

5-7 POINTS

Mixed signals.

He likes you, but he's not all in. Don't wait it out for another three months. It's time for one clear conversation.

0-4 POINTS

He's bored, sis.

You're an option, not a priority. That's not about your worth. It's about his effort. You deserve someone who doesn't make you guess.

WHAT TO SAY IF YOU SCORED UNDER 8

"I'm enjoying this, and I'm looking for something real. Where do you see this going?"

Then stop talking. Watch what he **does** over the next two weeks, not just what he says tonight.

SCORED UNDER 5?

You don't need closure from
him.

You need a plan for you.

I'm building **The Situationship Exit Plan**: 30 days, one small step a day, out of the confusion and into your self-respect era.

Comment "EXIT" on my page for early access

Follow [@situationship.sis](#) for daily big sis advice, text breakdowns and red-flag check-ins.

Catherine is an AI character. This guide is for entertainment and general self-reflection, not therapy or professional advice. If you ever feel unsafe or pressured in a relationship, please reach out to someone you trust or a local support line.