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## Green Flags

In my last book, I outlined my top “21 Red Flags” to look for and avoid in women if you want a peaceful and fun experience as a man with women. Here are my favorite green flags I look for in a woman when I’m vetting for a Long-Term Relationship (or, LTR).

Some of the most obvious green flags to look out for in women come from the field of clinical psychology, and are considered *especially* important for an LTR, they are known as the “**bright triad traits.**”

More specifically, the traits that make up the bright triad are: **clarity**, **emotional maturity**, and **stability** (also known as high agreeableness, high conscientiousness, and low in neuroticism).

## Clarity

**Clarity** means that she won't waste time quarreling or fighting about who is right, but you talk like adults and go to the source of the issue. She can express herself constructively, avoiding tantrums, hissy fits, aggression, and passive aggressiveness. She is also inquisitive, and has the curiosity and drive to understand what is going on, sets aside the need to be right, and focuses on solutions rather than blame. She must also be able to assert her desires, openly without manipulation, gaslighting, or the use of underhanded tactics and without being bossy and overly assertive.

## Emotional Maturity

**Emotional maturity** means she accepts personal responsibility, copes with challenges well, and positively. An emotionally mature woman can calm herself when she is angry or sad, and doesn't blame you for her emotional states. She also accepts that life can be unfair, and doesn't go through destructive patterns of idealization and vilification.

She is resilient. She understands herself, and works on her own limitations. She keeps her commitments. She doesn't base important decisions on her impulses or feelings, but on her values instead. She understands and enjoys taking care of herself physically, and she has an emotional and positive mental regime that allows her to see the cup as half-full, rather than half-empty. She also functions well with co-workers, family, and friends.

## Stability

**Stability** is probably the most important of the three. Men should look for stable women and avoid those who have mental health problems as the odds of divorce go up *exponentially*. Avoid common mental disorders like: depression/anxiety, substance abuse, unresolved emotional injuries, personality disorders (psychopathy, sociopathy, BPD, drama queens, and

OCD). Unstable women all have intense and inflexible experiences and are ineffective, and are often poor at human relationships (especially intimate ones).

## Neuroticism

**Neuroticism** is characterized by emotional instability, anxiety, moodiness, worry, envy, and frustration. Individuals who are highly neurotic are more likely to experience negative emotions like fear, sadness, embarrassment, anger, guilt, and disgust. If you are going to invite a woman into your life, you want her *really* low on neuroticism.

## Conscientiousness

Conscientiousness refers to the tendency for individuals to exhibit self-discipline, act responsibly, and pursue goals with determination, often aligning their actions with external standards or internal values. It involves traits like organization, dependability, diligence, and the ability to plan and follow through on commitments. You want a woman high on conscientiousness.

## Agreeableness

**Agreeableness** reflects individual differences in concern for social harmony. People scoring high in agreeableness are typically compassionate, cooperative, empathetic, and considerate, while those low in agreeableness might be more competitive, critical, and less concerned with others' feelings. You definitely want a woman that's high on agreeableness.

Moving away from psychology, there are a number of other green flags that have become increasingly obvious to me, and are present in better women, which are important for men who are looking for an LTR.

## **The Other Green Flags**

### **She Adopts Your Interests & Views**

When a woman is in love with a man and sees him as her best option, she will adopt his mannerisms, hobbies, musical tastes, political opinions, and interests (this often occurs at a subconscious level and usually happens over time). If she doesn't adopt them, she at a bare minimum respects them, and the time he spends enjoying them. His mission and purpose will become her interest. He won't be dragged to pointless events and have his schedule filled with an agenda of conflict, she will look for ways to adapt to his calendar and schedule.

It's preferable that she agrees with your political opinions, and world views or, at the very least, respects yours. Adopting them is obviously ideal, but not always possible. So, look for a woman that, at the very least, genuinely respects your political positions and values. Women find it very difficult to respect a man she disagrees with politically.

### **She Takes Care of You When You Are Sick**

A real test of a woman's love, loyalty, and sincerity is how she responds to you getting ill. Does she become distant and cold, or does she embrace her feminine imperative to care for a man that matters to her? In my life, I have seen women that truly loved me bend over backwards to take care of me, and nurse me back to health. Even when there was nothing she could do, she found a way to put a smile on my face.

I recall lying in the hospital with appendicitis - with excruciating pain ripping through me - one summer in my twenties. My girlfriend at the time left work early to be with me, dressed in a nice skirt. After checking in on me, and doting over me in my weakened condition, she excused herself to the bathroom, slipped off her panties, came back to my bedside, handed them to me, and whispered a reminder of what awaited when I got better.

When a woman *truly* loves a man, and sees him as her hypergamous best option, she *will* go out of her way to care for him even if it's just to put a smile on his face. The real test is if something devastating or serious happens to your health. Many women will abandon a man and quickly move on. But, if she sticks around and is there for you, *that* is a **big** green flag.

## **She's a Complement to Your Life**

I've often said that a woman should be a complement to a man's life, not the focus. When in the dating phase, you should ask yourself, does she compliment your life? If you are on a purpose, and grinding, but lack culinary skills, or time to prepare healthy meals, does she step in and feed you well, and prepare your meals for the week, or lunches before you go to work completely unprompted, with a smile on her face? If she sees laundry piling up, and you're super busy with projects, does she take care of it, again, unprompted, all with a smile on her face?

A woman that loves you will not only crave your attention, but she'll also be calibrated enough to give you space when your schedule is busy. She will likely ask you what she can do to be helpful in your life. Another often overlooked, but important complement to a man's life, is how does she make you look in front of your peers, family, and friends? Women are usually *much* higher on agreeableness, tending to side with the opinion of the masses and trends, so a bright green flag is when a woman is willing to fully support, and stand by you, no matter how unpopular your opinion (or other people's opinion about you) is.

## **Watch How She Reacts to Not Getting Her Own Way**

I've often said that you can *really* see what someone is truly about when you tell them "no." If she throws a tantrum, becomes abusive, passive aggressive, or calls your names, then you are far better off avoiding her over the long-term. You want a woman that is calm, inquisitive, and curious that wants to figure out why you said "no" and not someone that throws emotional hissy

fits, and that creates drama in your life. Women who are inquisitive are also often self-reflective in nature, which is a strong sign of possessing a growth mindset - another green flag.

### **She's Agreeable to You**

Women are - by a wide margin - more agreeable than men. But today's women (via the toxic feminist narrative) have been encouraged to act more like men, they're told to: chase excellence, get degrees, climb the corporate ladder, delay motherhood, and be "strong and independent." A woman that is disagreeable, or one that tries to compete with you, will make your life very difficult. It's a green flag when a woman understands that she must make his life easy, and his dick hard. **Not** the other way around.

### **She Seeks Connection With Your Family and Friends**

This is a test of her character, but when the opportunity presents itself, does she actively seek a connection with your family members or friends (and maintain it) or, does she try to push you apart and cause havoc in your family and social networks? For an LTR, you definitely want a woman that integrates effortlessly into your life, and you see her family and friends the same way. It's a bigger green flag if her family and friends also see your value, and do everything to support your purpose, and your boundaries.

### **She Subscribes to the Idea of Blue Jobs & Pink Jobs**

When it comes to forming a family unit, you want a woman that subscribes to what each gender is good at, naturally gravitates to and generally seeks that from the other. Signing up for a woman that insists on cutting the lawn, shoveling the snow in the winter, and having you cook and clean inside isn't a good idea. You *will* grow to resent each other, and she should understand that men and women *aren't* the same, but that they really can be a great complement to each other.

It's critical though that you, as the leader, step-up and handle the gender roles that you're good at (i.e. the blue jobs) and that she sees the value in your ability to be a competent masculine leader. If she sees that you've got a solid handle on your tasks, then she'll be naturally more inclined to become a warm, feminine complement to your life when it comes to handling the pink jobs. The last thing you want after a long day of chasing excellence, making money, and putting a dent in the universe, is an argument over whose turn it is to cook dinner because she did it last night.

### **She Doesn't Put the Relationship in Jeopardy.**

A woman that has asked you for your commitment, should have no time in her schedule to do things that would expose your relationship to unnecessary risk, like taking a girls party weekend to Las Vegas, attending bachelorette parties with a bunch of single and/or divorced friends, or even having lunch with an ex-boyfriend (or any man she was intimate in the past with for that matter).

I often get a **lot** of push back from my female guests on my Ladies Night podcast when it comes to this boundary, with rampant accusations of being "insecure", or "unfair." As I often remind them, it's important to take a look at what they're proposing to do. An example I often use is that going away with her closest girls to a spa for a weekend to chill out, relax, and finger paint or just gossip, isn't anywhere *near* as concerning as her wanting to go away to a bachelorette party in Ibiza for a week with a bunch of drunken single friends.

Ultimately, a woman that does any of these things shouldn't be considered for an LTR, and if she asks for your commitment, it's at that point you tell her that you can't take her seriously, or love her the way you'd like to if she likes to behave like she is single while in a relationship with you. A woman that *truly* loves you, **will** respect your boundaries (even if she doesn't like it), she'll defer to your judgment and follow your lead, and she'll *never* intentionally put herself in a position where she puts either herself (especially when around drunken, horny men), or the relationship at risk. In fact, the idea of scheduling these types of trips away from you shouldn't even cross her mind.

Finally, always keep in mind that you (and you alone) get to define what you find acceptable and what boundaries apply in your life. No-one gets to make that decision but you. Always calmly (but firmly) give her the choice to either respect the relationship that you're building together (and therefore stay home if the planned trip violates your clearly stated boundary), or make it crystal clear that - should she choose the trip over your relationship - there won't be a relationship to come back to. You want to be with a woman who values you, your time and your relationship more than such trips away that expose your relationship to risk.

## **She's Younger Than You**

This may not seem so obvious if you are both 35, but if you take care of yourself, by the time you are 50, she won't look nearly as good as you. Women lose collagen, and skin elasticity faster than men, gravity affects her body more than yours. Childbirth can do a number on older women, and menopause can also take quite a toll on women if she isn't managing the aging process with a hormone clinic.

Fertility, which is a woman's primary benefit to men, declines dramatically after the age of 30, whereas a man can remain fertile well into the autumn years of his life. It's why some of the best LTRs are with women younger than you, especially when you are over 35. Younger women naturally look up to, and defer to, a seasoned man, *especially* if he has his life squared away.

For a man over 45, a good 7-15 years younger can be ideal, as you get older, the age gap can increase as long as you have similar energy levels, and can still perform in the bedroom.

## **She Takes *Some* Accountability**

Taking full ownership for all of her results in her life, is something that you're unlikely to find in any woman. But, expect a better woman to take *some* accountability for her results and choices in life. If she takes at least half the ownership you take, you are doing okay. Remember, men and women are very



different in this regard, so don't expect to hold her to as high a standard when it comes to accountability. A woman that can apologize, and say "You are 100% right, I fucked up, I am sorry" is a smart woman.

## **She Takes Care of Her Appearance & Health**

Aside from the obvious optics of attraction and sex appeal, you don't want to be in a committed relationship with a woman that doesn't make self-care a priority. Diabetes, cardiovascular disease, obesity, anorexia, etc will all become burdensome on you, your time, and your finances. She will also be more unable to bear your children (if that's important to you), or be useful in your life if she isn't looking after her health. So, seek women that prioritize a healthy lifestyle over indulgences in vices like overeating, smoking, drugs, and alcohol.

## **She Makes Plans Into the Future With You**

If a woman is blocking off dates several months, or even years, into the future for a vacation, or some other special event, it's a green flag because she is telling you - in no uncertain terms - that she is *fully* committed to you over the long-term. The deeper into the future the plans are, the greener the flag is.

## **She Wants You to Drive**

It's a big green flag when a woman comes to my house, parks behind my car, and when we are going out, she hands me her keys and says "you drive" completely unprompted. It shows you that she values you as a man, your skills behind the wheel, and that she feels safe in the passenger seat of her own car. Take a look around when you are driving and you will notice a lot of men sitting in the passenger seat of the family car, while their wife drives and they look absolutely foolish doing so. There is only one driver's seat in cars and, unless you are unable to drive temporarily for whatever reason, you should *always* lead and sit behind the wheel.

## **Genuinely Happy, Positive, and Doesn't Play the Victim**

You want a woman that is *genuinely* an upbeat, happy, and positive person. If you are traveling to the Caribbean and the luggage gets lost, does she throw a hissy fit, yell at the airline staff, and have a complete meltdown? Or, does she just turn to you, smile and say "let's go grab some bathing suits, it's all we need for the week anyways." Seek women that look at the cup as half full, have a positive mindset, and "can-do" approach to life.

## **She Genuinely Craves Sexual Intimacy With You**

Too many men get into relationships with women that don't have a true, genuine burning desire for them, and the men just become a tool in her toolbox, or an accessory to her life like a handbag. I covered the importance of GBD in my first book, but its importance truly cannot be understated enough.

“ *Choose women who choose you!* ”

Sex is the glue holding relationships together. If she isn't craving you - your body, your touch, that raw intimacy - if you are a healthy male that craves sex, there's *zero* point in a long-term setup with her.

Way too often low-value betas pull in women who've partied hard with one too many guys in their 20s. She settles for him as a "better long-term" option - that's reliable, steady, and committed - after chasing sexy alphas who pumped her full of enthusiastic, filthy fun but wouldn't commit.

Nobody likes to overpay for something handed out free and easy to others. And like I've hammered on podcasts before - never be her second choice. Ever.

If you don't want to be used for your resources, only invite a woman into your life if she has genuine burning desire for you. She should *want* to enthusiastically have mind-bending sex with you, and frequently (although, it's critical that you actually spend time learning how to blow her mind in

the bedroom. It's a competency skill that will pay unparalleled dividends if you're willing to level up your bedroom game, so be sure to check out Stirling Cooper's YouTube channel for some solid mind-blowing tips).

Every man's ego enjoys getting a text that says "be naked when I get there" but you'll have achieved God mode if you hear the soundbite "you're the best I ever had!", or "OMG! I've never cum so hard before! How'd you do that!?" Do the work to become that guy.

***Editor's note:** I truly can't stress enough how essential it is to choose a woman for whom you naturally "tick off all of her boxes." The more boxes you tick off, the higher her GBD will be for you, and the easier everything becomes. Having a woman who - more often than not - turns up for you in surprise lingerie is the flip-side of being with someone who looks for excuses not to have sex with you. I can tell you from personal experience that such a woman will do pretty much anything for/with you - and she'll do so with a massive smile on her face.*

## **She Keeps Her Social Media Private**

If a woman wants to claim you, she must have a private (or even better, no) social media account. She cannot use social media to post provocative posts designed to attract men, and get validation from strangers. It's rare today to find a woman that doesn't have an interest in social media, but if you do find one, it is also a big green flag.

We know that attention (of men specifically) is a valuable currency to a woman, and such women inherently know their true value is in their beauty. So, if she's actively posting on social media to get attention from men (by blatantly leading with her beauty or sexuality), then she is *actively marketing herself* and she's clearly indicating her availability - even if she has asked for your commitment.

***Always watch what women do, and listen to less of what they say.***

A woman who **truly** sees you as her best option doesn't market herself to others - or even bother keeping options open. Attention-seeking stops cold in a committed relationship. Some women get hooked on the free hits of validation from social media, so you might need to step up as a strong man and set firm boundaries. Tell her straight: you don't date or take seriously a woman who's provocative online.

Modern women today might protest, and call it controlling or jealousy (I get that all the time on my Ladies Night podcast). However, it's not. Like with setting your boundary regarding salacious trips away, it's about protecting a woman that you love, and that you are going to invest your time, love, effort, and resources into. Only a fool would invite a woman into his life that is actively marketing herself to other men on social media, and acting as if she is still available.

Social media use is fine, as long as it's private, and not used to post scantily clad photos on the internet.

Some women *do* need to use social media to promote their business online, so if you get involved with a woman that runs a bikini business, don't be surprised if she models them on her Instagram publicly. But, for most women, it should be private and respectful of your relationship.

## In Conclusion

I spent a considerable amount of time on the red flag chapter in my prior book, and I still believe it is easier to use red flags as a sorting tool to eliminate women that would be a bad long-term choice, but it **is** important to look for the good in women - it's up to you to look for these flags too, know what you will - and won't - tolerate in your life, and then communicate that in a very clear and calm manner.

In this chapter, I outlined what therapists, and psychologists put emphasis on, and then offered you some other green flags to look out for based on my own personal experience, and that of the thousands of men that I have worked with and coached.

Be sure to use the red flags from my first book to repel misery, and then use the green flags to invite effortless peace into your life.