

# EVOLVAGE - Dating & Relationship Do's and Don'ts for Women: Protecting Yourself, Your Heart, and Your Future

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Choosing the right partner is one of the most important decisions a woman can make because a bad relationship can negatively impact her emotional, financial, and physical well-being, her future, as well as the safety of her children. Below is a list of DOs and DON'Ts backed by top relationship experts, viral advice, and proven strategies to help women make smart, safe, and empowering choices in dating and relationships.

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## DO'S: Empower Yourself in Relationships

### 1. Set and Maintain Strong Boundaries

- Know what behaviors you will and won't accept in a relationship.
- A man who respects your boundaries is worth keeping; one who constantly pushes them is a red flag.

[!\[\]\(d66ff64371a51729ac8c1cdaa685ba6f\_img.jpg\) How to Set Healthy Boundaries in Relationships](#)

### 2. Watch a Man's Actions, Not Just His Words 🗨️

- Men can say anything, but their actions reveal who they truly are.
- If he constantly disrespects you, ignores your needs, or doesn't follow through, believe that.

[!\[\]\(17413706fd4997a1a4bdf85c6864eee1\_img.jpg\) Why Actions Speak Louder Than Words in Relationships](#)

### 3. Protect Your Finances & Assets

- Never financially support a man who isn't financially stable himself.
- Keep your finances separate—don't let a man move in without contributing.

[!\[\]\(d3102649f02e825ddb76dc3de0190154\_img.jpg\) Financial Boundaries in Relationships](#)

### 4. Recognize and Avoid “Love Bombing”

- Love bombing = overwhelming affection too soon (grand gestures, excessive compliments, rushing the relationship).
- It often leads to manipulation and control later. Slow down!

[!\[\]\(b4eeff342f60cc7bcd67d869b4fedca2\_img.jpg\) What is Love Bombing? \(And How to Avoid It\)](#)

### 5. Observe His Relationship with Work and Money

- A man's work ethic says a lot about his character.
- Avoid men who jump from job to job, refuse to work, or expect you to provide for them.

[!\[\]\(56549452e01ca28bdf2500ced9653143\_img.jpg\) Signs of Financial Irresponsibility in Partners](#)


### 6. Be Cautious of Men Who Are Too Eager to Move In

- If a man has nowhere to stay or is in financial trouble, don't let him move in out of pity.
- Many men use women for free housing—don't let yourself become a “nurse and a purse.”


## 7. Vet His Past Relationships & Family Dynamics

- How does he talk about his exes? If every ex was “crazy,” he's likely the problem.
- His relationship with his mother and sisters can reveal how he treats women.

## 8. Protect Your Children: Never Ignore Red Flags

- Most child abuse cases come from mothers' boyfriends or stepfathers.
- Never leave your children alone with a man you haven't deeply vetted.  
 Child Safety and Dating as a Single Mother

## 9. Date with Emotional Intelligence

- Don't ignore gut feelings—if something feels off, it usually is.
- Choose a partner who supports your growth, not one who drains you.  
 How Emotional Intelligence Leads to Better Relationships

## 10. Have a Life Outside of the Relationship

- Maintain your friendships, career, and personal goals.
  - A man who discourages this may be trying to isolate and control you.
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# DON'TS: Avoid These Dating & Relationship Traps

## 1. Don't Date Men Who Are Broke & Unmotivated

- A man doesn't have to be rich, but he must be financially responsible.
- Signs of a "hobosexual" (a man who dates for housing):
  - No job or job-hopping constantly.
  - Pressures you to let him move in.
  - Uses excuses like “*The world is against me*” instead of working to improve his life.

## 2. Don't Accept Disrespect in Any Form

- This includes:
  - Verbal insults or belittling
  - Cheating & dishonesty
  - Ignoring your needs
- Once a man shows you who he is, believe him the first time.

## 3. Don't Rush into a Relationship

- Rushing leads to overlooking major red flags.
- Take time to truly get to know a man's character before committing.

#### 4. Don't Date a Man with a History of Violence

- If he has a criminal history of domestic violence, assault, or abuse—RUN.
- If he loses his temper easily, he may become violent later.

#### 5. Don't Be His Mother, Therapist, or ATM

- You are a partner, not his caretaker.
- If he can't handle his own life, he isn't ready for a relationship.

#### 6. Don't Ignore Your Instincts 🙄

- If something feels wrong, trust your gut.
- Many women look back and regret ignoring early warning signs.

#### 7. Don't Stay Out of Fear of Being Alone

- Loneliness is better than a toxic relationship.
- Build your confidence so you choose partners out of love, not desperation.

#### 8. Don't Accept Excuses for Bad Behavior 🙄

- He had a “bad childhood”? That's unfortunate, but it's not your job to fix him.
- You deserve a partner who treats you well—no excuses.

#### 9. Don't Date a Man Who Can't Provide or Protect

- A good man should bring stability, safety, and support.
- If you're the only one providing, it's not a partnership—it's a burden.

#### 10. Don't Settle for Less Than You Deserve

- If he isn't meeting your standards, walk away.
- A good relationship should bring peace, not stress.

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#### 🔥 Don't Settle for a Discount Relationship

If a man wants a traditional woman, he needs to be a traditional provider. Period.

Women bring more than money to the table. If he's expecting you to split finances, but still be the housekeeper, cook, emotional support system, and personal therapist—he's scamming you.

A real relationship should make your life easier, not harder. If a man wants submission and traditional values, he should be willing to uphold traditional responsibilities.

👑 You are the prize. Date accordingly.

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## How to Avoid 50/50 Men Who Want a Traditional Wife But Offer Nothing in Return

Too many women fall into the trap of dating men who demand traditional, submissive wives while refusing to provide like traditional men. These men expect women to split bills 50/50, work outside the home, do all the housework, cook, raise children, be physically intimate, and provide emotional support—but don't offer the same.

A man treats you exactly how much he thinks you're worth in his eyes.

## The Ultimate List of Tips to Avoid 50/50 Schemes & Low-Effort Men

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### 1. If You're Going 50/50, You're a Roommate—Not a Girlfriend or Wife

- Why should a woman look at you romantically if she's carrying not only half (or more of) the financial burden but all the emotional and domestic labor?
- A real provider doesn't nickel and dime his woman.

### 2. 50/50 Men Are Not Providers—They're Looking for Discounts

- They see relationships as a way to split rent, not build a life together.
- If he's asking for financial help from day one, he's using you as a financial safety net.

### 3. 50/50 Men Are Often Saving Their Money to Spend Elsewhere

- Many aren't broke—they just want to use YOUR money so they can spend theirs on their hobbies, lifestyle, or even another woman.
- 50/50 means you're a discount for a man.

### 4. If You're His "Dream Girl," He Won't Ask You for Money

- Men invest in what they truly value. If he sees you as "the one," he'll want to take care of you.
- Men call women gold diggers when they refuse to pick from their own actual financial range.

### 5. Only Entertain Men With a Provider Mindset

- A real man **wants to lead, protect, and provide for his woman.**
- If he's **arguing about why he shouldn't be a provider, he's telling on himself.**

### 6. Watch Out for Men Who Prey on Women's Resources

- **Red flags of a man scheming to use you for money & lifestyle:**
  - ✓ Asks what you do for a living early on

- ✓ Tries to move in quickly after love bombing
- ✓ Talks about struggling financially but still has expensive habits
- ✓ Tries to guilt you for not “helping” him financially

## **7. If He Wants a Submissive Wife, He Can Find One in Church—But He Wants the Challenge of Breaking a Woman’s Spirit Instead**

- These men don’t actually want a submissive woman—they want to dominate an independent woman.
- If he truly wanted a “trad wife,” he’d seek one out instead of trying to manipulate you into submission.

## **8. Some Men Want Ownership, Not Partnership**

- They only see women as equals when it’s time to split a bill.
- But when it comes to housework, emotional labor, and submission, suddenly they want a 1950s housewife.

## **9. Not All Men Are Leaders, Protectors, or Providers**

- Some men are demanding a job they’re not even qualified for.
- Why should you submit to a man who can’t even take care of himself?

## **10. Men Who Expect Women to Build with Them Often Leave Her for Someone Else Once They’re Established**

- Too many women struggle alongside a man, only to be left when he “levels up.”
- Build yourself, not a man.

## **11. Religious Institutions Often Back Men Over Women’s Safety**

- **Many religious institutions pressure women to tolerate bad treatment** to “keep the family together.”
- **Many religious institutions** can also be **hotspots for predators** who take advantage of women under the guise of faith.

## **12. Some Men Don’t Understand That a Woman Can Be His Equal and Still Respect Him as a Leader**

- A woman doesn’t have to be beneath a man to admire and respect him.
- A strong man leads regardless of where his woman stands—next to him, not below him.

## **13. Find a Woman Who Wants What You’re Offering—Don’t Try to Convince a Woman to Settle**

- If you want a 50/50 arrangement, find a woman who wants that too—don’t try to force an independent woman into your low-effort setup.








## **14. The Rise of Women’s Standards Is a Positive Thing**

- If men “rage” against women having higher standards, they’re exposing their own shortcomings.
- Instead of stepping up, they want women to settle.

## 15. A Man Who Loves You Will Want to Make Your Life Easier, Not Harder

- **If a relationship feels like extra work, you’re doing it wrong.**
  - **A good man wants to provide, not compete with his woman over who pays what.**
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### **RED FLAGS: How to Spot a 50/50 Man Early**

-  “I think women should contribute financially too.”
  -  “I want an independent woman, but I also want a woman who submits.”
  -  “If you can work, why should I pay all the bills?”
  -  “Gold diggers are ruining relationships.”
  -  “It’s unfair for men to be expected to provide.”
  -  Always talks about financial struggles but has money for hobbies & luxuries.
  -  Expects you to cook, clean, and take care of him—but won’t provide for you.
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## Love Smart, Protect Yourself, and Choose Wisely

Dating should enhance your life, not drain it. Choose a partner who:

- ✓ Respects your boundaries
- ✓ Contributes equally
- ✓ Is financially and emotionally stable
- ✓ Protects you and your children