

# Red Flags in Relationships

The following red flags are actions and behavioural tendencies that are often identified in abusive and controlling relationships:

- ☐ Does not take responsibility
- ☐ Blames others – makes excuses
- ☐ Smothering
- ☐ Controlling
- ☐ Saying “it’s for your own good”
- ☐ Trying to persuade/win over
- ☐ Lack of consideration
- ☐ Not respecting your point of view or not allowing you to have one
- ☐ Cannot be alone
- ☐ Won’t let you make decisions or doesn’t like the ones you make
- ☐ Tells you to forgive and forget
- ☐ Tells lies, even when the truth does not have any consequences
- ☐ Guilt trips
- ☐ Rushing the relationship
- ☐ Neglect
- ☐ Jealousy
- ☐ Possessive
- ☐ Poor relationship with own family
- ☐ Showy with money
- ☐ Expects secrecy about what is going on
- ☐ No respect for children or animals
- ☐ Insulting
- ☐ Tells you and/or makes you feel that you don’t count
- ☐ Expecting you to live their life
- ☐ Insecurities/lack of confidence
- ☐ Narcissistic
- ☐ Sabotages you
- ☐ Tells you and/or makes you feel that you are never good enough
- ☐ Accuses you of cheating
- ☐ Degrades your skills/job
- ☐ Does not acknowledge your worth or give you credit
- ☐ Disrespectful
- ☐ Unappreciative
- ☐ Expects you to take care of them
- ☐ Violent towards animals and/or objects
- ☐ Seeming out of control
- ☐ Overreacts
- ☐ Subtle put downs
- ☐ Takes over aspects of your life
- ☐ Financially controlling
- ☐ Cuts you off from friends and family
- ☐ Insults you and your friends and family
- ☐ Threatens you
- ☐ Substance abuse
- ☐ Forces you to do things you don’t want
- ☐ Lack of affection or too much affection
- ☐ Using sex to control- Forcing sex
- ☐ Not allowing private thoughts
- ☐ Lack of privacy
- ☐ Threatens to use secrets against you
- ☐ Makes you doubt yourself
- ☐ Apology gifts or no apologies
- ☐ Not allowed to be late
- ☐ Double standards
- ☐ Treats others poorly
- ☐ Walk on eggshells around them
- ☐ Immature
- ☐ Wants to know where you are at all times

# Green Flags in Relationships

The following green flags are actions and behavioural tendencies that are often identified in positive and healthy relationships:

- ☐ Affection
- ☐ Takes an interest in your interests
- ☐ Friendship
- ☐ Positive and supportive about you even when you are not
- ☐ Sense of humour – laughs at self
- ☐ Willingness to share financially
- ☐ Share on all levels
- ☐ Being vulnerable
- ☐ Being a listener
- ☐ Having a fun or childish side
- ☐ Enjoying similar things
- ☐ Enjoying each other's company
- ☐ Having individual interests
- ☐ Supportive of personal growth – not feeling threatened by it
- ☐ Accepting past without judgement
- ☐ Liking each other
- ☐ Accepting you for who you are – not trying to change you
- ☐ Common goals
- ☐ Sharing the same values
- ☐ Have tools for healthy conflict
- ☐ Agree on ground rules for conflict
- ☐ Honest
- ☐ Considerate
- ☐ Express feelings
- ☐ Consensual sex
- ☐ Encouragements
- ☐ Sharing responsibility and roles
- ☐ Not comparing you to others
- ☐ Respect for privacy
- ☐ Respect for job
- ☐ Respect for children
- ☐ Know that they are not the centre of your universe
- ☐ Maturity
- ☐ Sense of perspective (not over-reacting)
- ☐ Confidence in self
- ☐ Fits in – makes an effort to get to know friends and family
- ☐ Respects individuality
- ☐ Admits mistakes
- ☐ Takes responsibility for own needs
- ☐ Shares household chores
- ☐ Enjoys solitude
- ☐ Willing to cope with ups and downs
- ☐ Mindful of their own power and privilege
- ☐ Respects children and animals
- ☐ Tries to be non-judgemental
- ☐ Is committed to the relationship
- ☐ Values your point of view
- ☐ Values peace more than being right
- ☐ Mutual respect
- ☐ Compassionate
- ☐ Acceptance for who you are
- ☐ Healthy intimacy
- ☐ Gives you compliments
- ☐ Turn taking