

# **Red Flags Checklist**

# HOW TO USE THIS CHECKLIST

This checklist will help you identify warning signs in your relationship—early, before you waste months or years on the wrong person.

## Instructions:

1. Read through each flag honestly
2. Check the box if it applies to his **consistent behavior** (not just one-time incidents)
3. Calculate your results at the end
4. Follow the guidance based on your score

**Important:** Be honest with yourself. Don't make excuses for him. Don't rationalize patterns. If something applies, check it.

## **YELLOW FLAGS**

### Proceed With Caution

These aren't dealbreakers on their own, but they're worth paying attention to. If you're seeing multiple yellow flags, it's time to have a conversation and watch closely for whether things improve.

#### **Inconsistent communication patterns**

- Some days he's responsive, other days he goes silent for no clear reason
- You never quite know when you'll hear from him

#### **Vague about future plans**

- Talks about "someday" and "eventually" but never gets specific
- Avoids conversations about where the relationship is going

#### **Rarely initiates dates or conversations**

- You're always the one making plans
- He agrees when you suggest things, but doesn't plan anything himself

#### **Keeps the relationship off social media**

- Doesn't post you or acknowledge the relationship publicly
- Acts like he's single online

**Only reaches out late at night**

- Most of his texts/calls come after 10pm
- Daytime communication is minimal

**Takes hours or days to respond regularly**

- Consistently leaves you waiting for replies
- But somehow responds quickly to other people/things

**Hasn't introduced you to friends or family after 3+ months**

- You're not integrated into his real life
- He keeps you separate from important people

**Dismissive of your interests or opinions**

- Doesn't take your thoughts seriously
- Makes you feel like your perspective doesn't matter

**Keeps bringing up his ex**

- Mentions her frequently (whether positively or negatively)
- Compares you to her
- Clearly not over that relationship

 **YELLOW FLAG TOTAL:** \_\_\_\_\_

## **ORANGE FLAGS**

### **Serious Concern - Action Required**

These are significant red flags that require immediate attention. Even one of these warrants a serious conversation. Multiple orange flags mean you should seriously reconsider this relationship.

**Disrespects your boundaries repeatedly**

- You've set boundaries clearly, but he keeps crossing them
- Acts like your boundaries are negotiable or unreasonable

- Gets angry or manipulative when you're unavailable**
  - Guilt-trips you for having your own life
  - Punishes you with silence or attitude when you can't drop everything for him
  
- Hot and cold pattern (love bombing then withdrawal)**
  - Showers you with attention, then goes cold
  - Intense one week, distant the next
  - You never know which version of him you're getting
  
- Still active on dating apps after commitment discussions**
  - You've talked about being exclusive but he's still swiping
  - Has profiles active "just to see what's out there"
  
- Compares you to his exes (or other women)**
  - "My ex used to..." or "Why can't you be more like..."
  - Makes you feel like you're in competition
  
- Dismisses your feelings as "overreacting"**
  - Tells you you're too sensitive, too emotional, dramatic
  - Makes you doubt your own perception of reality
  
- Financial inconsistencies or lies**
  - Says he's broke but you see him spending freely on other things
  - Lies about money, where it goes, what he has
  - Borrows but never pays back
  
- Isolates you from friends and family**
  - Discourages you from spending time with loved ones
  - Gets upset when you make plans that don't include him
  - Wants you all to himself
  
- Checks your phone or demands access to your accounts**
  - Doesn't trust you without proof of wrongdoing
  - Wants passwords, wants to read your messages
  - Invades your privacy regularly
  
- You're funding the relationship while he contributes little to nothing**
  - You're covering dates, transport, expenses consistently

- He has money for himself but not for you
- Comfortable letting you carry the financial load

**Flirts with other women in front of you or online**

- Inappropriate interactions that cross boundaries
- Disrespects you by entertaining other women publicly
- Dismisses your concerns when you bring it up

**Makes important decisions without considering you**

- Acts single when it comes to major life choices
- Doesn't factor you into his plans
- You find out about big things after the fact

● **ORANGE FLAG TOTAL:** \_\_\_\_\_

## ● **RED FLAGS**

### **If 2 or More Redflags, You Should Walk Away**

These are dealbreakers. TWO red flags is enough reason to leave. These behaviors are abusive, dangerous, or indicate someone who is fundamentally incompatible with a healthy relationship. Do not rationalize these. Do not wait for them to change. Protect yourself and leave.

**Any form of physical aggression or threat**

- Pushing, grabbing, hitting, slapping, throwing things
- Threatening physical harm to you or himself
- Intimidating you physically (blocking exits, getting in your face, etc.)

**Controlling behavior (who you see, what you wear, where you go)**

- Dictates your friendships, your clothing choices, your schedule
- Monitors your location constantly
- Makes decisions for you without your input

**Refuses to define the relationship after 6+ months of consistent dating**

- You've been together half a year and he still won't call you his girlfriend
- Keeps things ambiguous indefinitely despite your requests for clarity

- Benefits from the relationship without committing to it

**Caught in major lies repeatedly**

- Not small lies—big, significant deceptions
- About other women, about where he is, about his life
- Patterns of dishonesty that erode all trust

**Disrespects or humiliates you publicly**

- Puts you down in front of others
- Makes jokes at your expense
- Embarrasses you intentionally
- Shows you zero respect when others are around

**Pressures you sexually or ignores consent**

- Doesn't respect "no"
- Guilts or manipulates you into sexual activity
- Crosses physical boundaries you've set
- Makes you feel like you owe him sex

**Shows signs of serious addiction (gambling, substances, etc.)**

- Gambling away money needed for basic expenses
- Drug or alcohol use that's out of control
- Prioritizes the addiction over the relationship and over responsibilities

**Gaslighting (making you question your reality)**

- Denies things you know happened
- Tells you you're crazy or imagining things
- Rewrites history to make you doubt yourself
- Makes you feel like you can't trust your own perception

**Cheating with no genuine remorse or change**

- Cheated and either doesn't care or blames you
- "Sorry" but no behavior change
- Trickle-truth (admits only what you've discovered, hides the rest)
- Repeats the behavior

**Threatens to harm himself if you leave**

- "I'll kill myself if you break up with me"
- Uses suicide threats to control you
- Manipulates your compassion to trap you

**Explosive, unpredictable anger**

- Rage episodes that come out of nowhere
- Breaks things when upset
- Screams, curses, creates chaos
- You're afraid of setting him off

**Financial abuse**

- Controls all the money and gives you an "allowance"
- Sabotages your job or business
- Steals from you
- Ruins your credit
- Keeps you financially dependent and trapped

**Any pattern that makes you feel UNSAFE**

- Physically, emotionally, mentally
- You're walking on eggshells
- You're afraid of him
- Your gut screams danger

**RED FLAG TOTAL: \_\_\_\_\_**

## SCORING & INTERPRETATION

### **YELLOW FLAGS:**

**0-1 Yellow Flags:**  **Healthy range.** No relationship is perfect, and 1-2 minor concerns are normal. Keep an eye on them, but you're likely fine.

**2-3 Yellow Flags:**  **Pay attention.** Have a conversation about what you're noticing. See if these patterns improve or if they're becoming consistent issues.

**4+ Yellow Flags:**  **Serious conversation needed.** This many concerns suggest the relationship has foundational issues. Address them directly. If nothing changes in 2-3 months, reconsider if this is healthy for you.

## ● ORANGE FLAGS:

**0 Orange Flags:** ✓ **Good sign.** No major concerns at this level.

**1 Orange Flag:** ⚠ **Address immediately.** Have a direct, serious conversation about this issue. Set a boundary and a timeline for change. If it doesn't improve in 1-2 months, this is a dealbreaker.

**2-3 Orange Flags:** 🚩 **Serious reevaluation required.** Multiple orange flags indicate this relationship is unhealthy. You're likely making excuses or hoping things will get better. They usually don't. Consider whether you're willing to accept this long-term, because this is who he is.

**4+ Orange Flags:** 🚩 **This is not a healthy relationship.** You're in a situation that's damaging you. It's time to create an exit plan. You deserve better.

## ● RED FLAGS:

### **TWO Red Flags = Walk Away**

These are not things that get better with communication. These are patterns that indicate abuse, danger, or fundamental incompatibility with a healthy relationship.

#### **If you checked two red flags:**

1. **You are not overreacting.** Trust what you're seeing.
2. **He will not change.** Not for you. Not with time. Not with patience.
3. **You need to leave.** For your safety, your peace, your future.
4. **You deserve better.** This is not what love looks like.

#### **If you checked more than two red flags:**

You're in a dangerous or deeply unhealthy relationship. Please reach out to someone you trust. Create a safe exit plan. And know that leaving is not giving up—it's choosing yourself.

# WHAT TO DO WITH YOUR RESULTS

## If You Have Mostly Yellow Flags:

### Action Steps:

1. **Talk to him.** Be specific: "I've noticed [behavior]. It concerns me because [reason]. I need this to change."
2. **Set a timeline.** Give it 2-3 months to see improvement.
3. **Watch his actions, not his words.** Does he actually change, or just promise to?
4. **Trust your gut.** If you're still uncomfortable after giving him a chance, that's your answer.

## If You Have Orange Flags:

### Action Steps:

1. **Have a serious, direct conversation.** No sugar-coating. Tell him exactly what the issues are and that they're dealbreakers if they continue.
2. **Set firm boundaries.** "If [behavior] happens again, I'm done."
3. **Mean it.** If you set a boundary and don't enforce it, he learns your words don't matter.
4. **Give it 1-2 months max.** If there's no real change, leave.
5. **Don't make excuses for him.** "He's stressed" or "He's going through something" doesn't justify mistreating you.

## If You Have Red Flags:

### Action Steps:

1. **Accept the reality.** This is who he is. He's shown you. Believe him.
2. **Stop waiting for him to change.** He won't.
3. **Create a safe exit plan:**
  - Tell a trusted friend or family member
  - Have somewhere safe to go
  - Block him on all platforms after you leave
  - If you're afraid, involve authorities or a counselor
4. **Leave.** No long explanation needed. "This isn't working. I'm done." Then go.
5. **Don't go back.** Even when he promises he's changed. Even when you miss him. Even when it's hard.
6. **Get support.** Talk to people who love you. Consider therapy. Heal from this.

## **FINAL REMINDERS**

- ✓ You deserve a relationship where you feel safe, valued, and respected.**
- ✓ Red flags don't go away with time - they get worse.**
- ✓ Love is not supposed to hurt, confuse, or drain you.**
- ✓ Leaving is not failure. Staying in something unhealthy is.**
- ✓ Trust your gut. If something feels wrong, it probably is.**
- ✓ You are not responsible for fixing him. You're only responsible for protecting yourself.**

**Print this checklist if you can. Keep it. Refer back to it when you're doubting yourself.**

**And remember: A man who's right for you won't have you checking off red flags. He'll have you feeling secure, valued, and at peace.**