

The Red Flag Recognition Toolkit

Stop Settling, Start Thriving: Your Guide to Identifying Relationship Red Flags

Dear Beautiful Soul, if something in your relationship doesn't feel quite right, this toolkit is for you. It's not about perfection or impossible standards—it's about recognizing when someone's treatment falls short of basic respect and kindness. Remember: **you deserve love that lifts you up, not love that tears you down.**



Is Your Relationship Healthy?

1-5

Rate Each Flag

Be completely honest with yourself as you assess each area. Score from 1 (Never) to 5 (Always).

5

Major Red Flags

We'll explore manipulation, priority, support, connection, and respect—five critical areas where relationships often fail.

5-25

Total Score Range

A score of 5-10 indicates minor concerns, 11-18 means significant red flags requiring evaluation, and 19-25 signals major concerns requiring support.

This quick assessment helps you objectively evaluate your relationship beyond emotional attachments. Remember that your feelings are valid indicators of relationship health.

Red Flag #1: The Manipulation Master



What It Looks Like:

- Comments about your appearance that make you change clothes
- "Concern" about your friendships that leads to isolation
- Disappointment when you make independent decisions
- Subtle criticism that makes you doubt yourself

Healthy: "I love that you have close friendships. Have fun tonight!"

Manipulative: "Your friends seem to party a lot. Don't you think that's immature?"

⚠ Action Steps: Keep a journal of controlling comments for one week. Ask trusted friends if they've noticed changes in your behavior. Practice making decisions without seeking their approval first.

Red Flag #2: The Priority Problem

Consistently Excluded

You're rarely invited to important social gatherings or family events. After months or years, you still haven't met important people in their life.

"I once dated someone for eight months and never met his core friend group. When I asked about it, he said I 'wouldn't fit in.' That should have been my cue to leave."

Easily Canceled Plans

Your time together is the first thing sacrificed when something else comes up. Your partner doesn't seem to consider how cancelations affect you emotionally.

Begging for Attention

You feel like you're constantly seeking connection while they seem indifferent to spending time together. Your emotional needs are treated as inconveniences.

Script for Addressing This: "I've noticed I feel excluded from parts of your life. I'd like to discuss how we can both feel prioritized in this relationship."

Red Flag #3: The Dream Crusher

How They Discourage You:

Dismissive Responses

"That seems unrealistic" or "Why would you want to do that?" when you share your aspirations.

Lack of Celebration

Minimizing your achievements or changing the subject when you share good news about your personal growth.

Risk Aversion Pressure

Making you feel guilty for pursuing personal interests or opportunities that might take time away from the relationship.



"My dreams matter. My growth matters. I deserve someone who cheers me on."

Research Insight: Studies show that lack of partner support is particularly damaging to women's mental health and can manifest in physical symptoms like headaches and chronic fatigue.

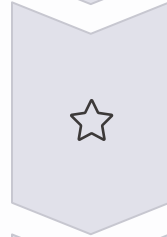


Red Flag #4: The Intellectual Desert



Surface-Level Only

Conversations never go beyond basic topics like schedules, gossip, or practical matters. You feel starved for meaningful exchange.



No Curiosity

They show minimal interest in your thoughts, passions, or intellectual pursuits. They may even mock interests they consider "too smart."



Self-Diminishment

You find yourself "dumbing down" your vocabulary or hiding your interests to avoid judgment or blank stares.

Ask yourself: Can you discuss topics you're passionate about without judgment? Do they share their own deeper thoughts with you? Does the conversation stimulate your mind, or leave you feeling empty?

Red Flag #5: The Put-Down Artist

Common Put-Down Tactics:

- "You're too sensitive" when you express hurt feelings
- "I was just joking" after making cruel comments
- Using your insecurities as weapons during arguments
- Minimizing your achievements or struggles

The Cruel Truth: Someone who truly loves you won't use your vulnerabilities against you, especially during conflicts.

Response Scripts:

"That comment hurt my feelings, and I need you to acknowledge that."

"Calling it a joke doesn't make the impact less real."

"I won't accept being spoken to that way."



Your 30-Day Action Plan

Week 1: Awareness Phase (Days 1-7)

1

- Complete the red flag assessment
- Journal about patterns without self-judgment
- Talk to trusted friends about their observations
- Read about healthy relationships

Week 3: Boundary Setting (Days 15-21)

3

- Have one difficult conversation using provided scripts
- Notice their response to your boundary
- Evaluate if they're capable of real change

2

Week 2: Documentation Phase (Days 8-14)

- Keep detailed notes about negative interactions
- Practice small acts of independence
- Reflect on whether you feel more or less like yourself

4

Week 4: Decision Making (Days 22-30)

- Review your documentation honestly
- Create a safety plan if needed
- Decide on next steps: counseling or exit strategy



The Transformation Journey

Recognize Reality

Acknowledge what's truly happening without minimizing or making excuses. Your perceptions are valid.

Reclaim Worth

Remember who you were before the relationship and reconnect with your authentic self. Your value doesn't depend on someone else's validation.

Reinvent Future

Envision a life filled with respect and genuine connection. You deserve partners who amplify your light, not dim it.

"Leaving isn't giving up. Sometimes, it's the bravest form of self-love."

Resources & Support

You Are Never Alone

Emergency Resources

- National Domestic Violence Hotline: 1195
- Crisis Text Line: Text HOME to 741741
- National Suicide Prevention Lifeline: 0-800-723-253

Healing Resources

- Find a therapist specialized in relationship trauma
- Join support groups for women leaving unhealthy relationships
- Read "Why Does He Do That?" by Lundy Bancroft



Remember that healing isn't linear. Some days will be harder than others. Be patient with yourself as you reclaim your power and rebuild your life on your terms.

Trust yourself. You know more than you think you do.