

# Red Flag Recognition & Boundary-Setting Kit

**Your 7-Day Guide to Protecting Your Peace from Toxic Relationships**

If you're reading this, you're probably dealing with someone whose behavior feels dangerously off—and you're smart enough to trust that instinct. This comprehensive guide will help you identify warning signs, set boundaries that actually stick, and rebuild trust in your own perceptions. You don't need to diagnose anyone. You just need to protect yourself and reclaim your peace.



# The 15 Red Flags Checklist

Check any behaviors that apply to someone in your life. If you identify 5 or more, it's time to proceed with extreme caution. These patterns aren't isolated incidents—they're warning signs your intuition is trying to communicate.

## Emotional Red Flags

- They never genuinely apologize—only justify, deflect, or turn it back on you
- You feel constantly confused about what's "real" after conversations
- They have sudden, explosive anger over minor things
- They remain eerily calm even in situations that should upset them
- You find yourself apologizing constantly without knowing why

## Relationship Red Flags

- They isolate you from friends or family, subtly or overtly
- All their exes are "crazy" and they're always the victim
- They lovebomb intensely at first, then gradually withdraw
- You feel like you're walking on eggshells around them
- They only show up when they need something from you

## Behavioral Red Flags

- They lie about small things, even when the truth would be easier
- They have a pattern of burning bridges with jobs, friends, or family
- They show one face to you and a completely different one in public
- They violate boundaries you've clearly set, then act like you never set them
- People who get close to them eventually pull away

### 0-2 Red Flags

Keep watching, but don't panic

### 3-4 Red Flags

Set firmer boundaries and limit vulnerability

### 5-7 Red Flags

Seriously consider reducing contact

### 8+ Red Flags

This relationship is harming you—protect yourself immediately

# Boundary Scripts That Actually Work

Boundaries don't require long explanations or justifications. Here are firm, kind scripts for common situations you'll encounter. Remember: you're not being mean—you're being clear.

## **When they push for more of your time**

**"I'm not available for that."**

Don't justify. Don't explain. Just state the fact. Your time is yours to allocate.

## **When they try to make you feel guilty**

**"I understand you're disappointed, but my decision stands."**

Acknowledge their feelings without absorbing their emotion or changing your boundary.

## **When they want to "talk it out" again**

**"I've said everything I need to say. I'm not revisiting this."**

Close the loop they're trying to reopen. Repeating conversations is a manipulation tactic.

# More Essential Boundary Scripts

## When they violate a boundary

"I asked you not to do X. Because you did it anyway, I'm [consequence]."

Name the violation clearly. Enforce the consequence immediately. No debate, no negotiation.

## When they deny something you know happened

"I'm not going to argue about reality. I know what I experienced."

Refuse to engage with gaslighting. Your perception and memory are valid.

- ❏ **Critical reminder:** Boundaries are for you, not them. You're not trying to change their behavior—you're protecting your peace regardless of what they do. Your boundaries don't require their agreement to be valid.

# Your 7-Day Emotional Detox Plan

When you've been dealing with someone toxic, your internal compass gets scrambled. This week is about recalibrating to your own truth and rebuilding trust in your perceptions. Take it one day at a time.

## Day 1: Witness Without Judgment

Every time you feel "off" around this person or thinking about them, write it down. No analysis yet. Just note: "I felt anxious when they said X" or "I felt relief when they left." Your feelings are valuable data.

## Day 3: Tell One Trusted Person

Share your observations with someone who loves you unconditionally—not for advice, just to be heard and witnessed. Toxic people make you feel crazy. A witness to your truth reminds you that you're not.

1

2

3

4

## Day 2: Name the Pattern

Read through yesterday's notes. Do you see a pattern emerging? Maybe every time you make plans, they cancel last-minute and you feel unimportant. Or after conversations, you always feel drained. Patterns reveal truths that individual incidents can hide.

## Day 4: Set One Small Boundary

Choose one boundary and enforce it today. Even if it feels small like "I'm not available to text all evening," it matters deeply. Every boundary you hold is proof to yourself that you can protect your peace.

## Days 5-7: Building Momentum



### Day 5: Notice Your Body

When you interact with this person or think about them, scan your body for tension. Where do you hold it? Chest? Stomach? Shoulders? Your body knows the truth before your mind does. That tightness is information—listen to it.

### Day 6: Ask the Friend Question

Write this down and answer honestly: "If my best friend was in this relationship and told me everything I just experienced, what would I tell them to do?" We give better advice to others than ourselves. Become your own best friend today.

### Day 7: Make One Decision

Based on this week's observations, decide on one concrete action: reduce contact, enforce a new boundary, start planning an exit, or continue observing with clearer eyes. Awareness without action keeps you stuck. Even a small decision is forward movement.

# When You're Ready to Leave Safely

If you've decided this relationship needs to end, safety planning is essential. Take these steps seriously—they could protect your wellbeing, your resources, and potentially your life.

## Before You Leave

- Document problematic behavior through screenshots, journal entries, and witnesses
- Secure your finances by separating accounts if shared
- Copy important documents like ID, financial records, and sentimental items
- Tell at least two trusted people your complete plan
- Change all passwords they might know or could guess
- Identify a safe place to go if you live together

## The Conversation

- Have it in a public place or with someone nearby for safety
- Be brief and firm—don't debate, justify, or defend your decision
- Never be alone with them if you feel any sense of danger
- Arrange for a friend to call you 15 minutes in as an exit strategy

❏ **Critical Safety Note:** If you fear physical harm at any level, contact the National Domestic Violence Hotline at **1-800-799-7233** or local authorities **BEFORE** you leave. Your safety is paramount and non-negotiable.

# After You Leave: Protecting Your Progress



## Block Completely

Block them on all platforms—yes, even the ones you think they don't use. Complete digital separation is essential for healing.



## Set Boundaries with Mutuals

Tell mutual friends clearly that you're not discussing the relationship. You don't owe anyone explanations or updates.



## Maintain No Contact

Don't break no-contact under any circumstances. Every time you do, you reset your healing timeline back to zero.



## Get Professional Support

Seek therapy, lean on trusted friends, or join support groups. Healing happens in community, not isolation.



## Expect Hoovering

They will likely try to pull you back with apologies, promises, or emergencies. This is manipulation. Stay strong in your decision.

Remember: leaving is brave. Staying away is even braver. You're doing the hardest, most loving thing you can do for yourself.

# Rebuilding Your Trust in Love

After dealing with someone toxic, it's completely normal to feel like you'll never trust again. But here's what you need to know right now:

**You didn't fail.** You loved someone who couldn't receive it properly. That's not a character flaw—it's proof that you have a big, courageous heart.

**You're not broken.** You're recalibrating. Your instincts aren't broken; you just learned to override them to give someone a chance. Now you're learning to trust yourself first.

**Love isn't supposed to hurt like this.** Healthy love feels safe, consistent, and reciprocal. It doesn't require you to shrink, doubt yourself, or walk on eggshells.



## It gets better.

Not immediately. Not linearly. But gradually, you'll notice you breathe easier. You'll stop checking your phone with dread. You'll laugh without that undercurrent of anxiety. And one day, you'll realize you've gone a whole week without thinking about them. That day is coming. Keep going.




---

## Emergency Support & Resources

### Immediate Danger

-  Call 911 (US) or local emergency services
-  National Domestic Violence Hotline: **1-800-799-7233**

### Contact Arcane Guides

-  WhatsApp: **+254 720 202 299**
-  Email: **hello@arcaneguides.com**
-  Website: **arcaneguides.com**

You deserve relationships that feel like coming home, not war zones. We're here. You're not alone in this.