

"RED FLAGS" to watch out for in relationships

Lack of empathy

- ◆ Being unsupportive
- ◆ Lack of common courtesy
- ◆ Self-centered behaviors
- ◆ Empathy as a means to get something from you (sex, return empathy, etc.)
- ◆ Lack of concern for your physical and/or emotional well-being

Lack of remorse

- ◆ Blaming you for his/her actions
- ◆ Minimizing hurtful or violent behaviors towards you or others
- ◆ Refuses to admit to any personal/emotional problems

Controlling behaviors

- ◆ Large gifts early in the relationship
- ◆ Lack of acceptance of your friends and family
- ◆ Attempts to isolate you
- ◆ Asking or demanding that you give up essentials for the "common good"
- ◆ Physical restraint
- ◆ Equating total submission with total love
- ◆ Constant phone calls and questioning about where you are and who you are with
- ◆ Encourages you to drop hobbies and interests
- ◆ Publically embarrasses you
- ◆ Gets angry with you for wearing revealing clothes or too much makeup
- ◆ Accuses you of cheating or flirting
- ◆ Panics at the idea of breaking up, may threaten suicide if you leave

Abusive behaviors

- ◆ Derogatory comments about your appearance, intellect, abilities, etc.
- ◆ Putting you down or making fun of you in front of others
- ◆ Physically hurting you
- ◆ Playing mind games
- ◆ Telling you or making you feel like you are crazy
- ◆ Purposely making you feel helpless

To good to be true

- ◆ Relationship seems intense and deep very quickly
- ◆ Feelings of being swept off your feet
- ◆ Intensity of emotion, time and gifts
- ◆ Pressure to move in together, get engaged or marry very early in relationship
- ◆ Shows signs of hurt or anger if asked to slow down the relationship