

Red and Green Flags

Partner A



- Respectful of boundaries.
- Respect individuality.
- Supports you in life.
- Able to experience growth.
- Able to experience laughter.
- Validates you.
- Commitment to meet each other's emotional needs.
- Sees and acknowledges you.
- Willing to work on the relationship.
- Willing to be accountable.
- Willing to be vulnerable.
- The relationship is mutually supportive.
- Acknowledgment of not having to be everything for each other.
- Provides healthy constructive feedback.
- Open about sharing past experiences/relationships.



- Violates boundaries.
- Holding on to challenges or issues for too long.
- Inconsistency with showing up.
- Blame mentality.
- Has not resolved past relationship issues.
- Ghosting.
- Secretive past.
- Shaming.
- Passive-aggressive behavior.
- The relationship is focused on them.
- Repetitive dishonesty.
- Engages in humiliation.
- Pressures you to change physically.
- Moving too quickly.
- Limits you in life.
- Lacking compliments and praise.
- Feel bad being yourself.
- Feel unheard.

I can increase green flags and decrease red flags by doing...

Red and Green Flags

Partner B



- Respectful of boundaries.
- Respect individuality.
- Supports you in life.
- Able to experience growth.
- Able to experience laughter.
- Validates you.
- Commitment to meet each other's emotional needs.
- Sees and acknowledges you.
- Willing to work on the relationship.
- Willing to be accountable.
- Willing to be vulnerable.
- The relationship is mutually supportive.
- Acknowledgment of not having to be everything for each other.
- Provides healthy constructive feedback.
- Open about sharing past experiences/relationships.



- Violates boundaries.
- Holding on to challenges or issues for too long.
- Inconsistency with showing up.
- Blame mentality.
- Has not resolved past relationship issues.
- Ghosting.
- Secretive past.
- Shaming.
- Passive-aggressive behavior.
- The relationship is focused on them.
- Repetitive dishonesty.
- Engages in humiliation.
- Pressures you to change physically.
- Moving too quickly.
- Limits you in life.
- Lacking compliments and praise.
- Feel bad being yourself.
- Feel unheard.

I can increase green flags and decrease red flags by doing...