

# RED FLAGS

## CHECKLIST

Red flags are not just small annoyances—they are early warnings of deeper issues that can lead to emotional pain, manipulation, and abuse.

Love should not leave you depleted, confused, or constantly trying to prove your worth.

**Emotional exhaustion** is your heart's way of asking for help.



**RESOURCES. HEALING. HOPE.**

*You don't have to do this alone.*

Visit


[wbfcounseling.com/whenlovehurts](http://wbfcounseling.com/whenlovehurts)


to access helpful resources and learn more.



**Walk by Faith Counseling™**

*Healing one step at a time*

 [www.wbfcounseling.com](http://www.wbfcounseling.com)

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- DISRESPECTS YOUR BOUNDARIES**  
They ignore, guilt, or pressure you into doing things that make you uncomfortable.
- CONSISTENTLY DISRESPECTS YOU**  
They belittle you, talk down to you, or make you feel small.
- LACK OF ACCOUNTABILITY**  
They never take responsibility and always blame you or someone else.
- MANIPULATIVE BEHAVIOR**  
They guilt-trip, gaslight, or play mind games to get their way.
- CONTROLLING BEHAVIOR**  
They try to control your time, relationships, choices, or how you live your life.
- DISREGARD FOR YOUR FEELINGS**  
They dismiss, minimize, or invalidate how you feel.
- INCONSISTENCY**  
They are hot and cold, unpredictable, or say one thing but do another.
- JEALOUSY AND POSSESSIVENESS**  
They get overly jealous or try to isolate you from others.
- HISTORY OF TOXIC BEHAVIORS**  
They have a pattern of unhealthy relationships, anger issues, or mistreating others.
- YOU FEEL MORE ANXIETY THAN PEACE**  
Your gut is telling you something isn't right—listen.

♥ **AWARENESS IS THE FIRST STEP.** *Healing is the next.* ♥