



Red Flags

Those of us who have been in destructive relationships, can often see the “signs” or Red Flags of a controlling person, after the fact. Recognizing trouble signs *early*, can be a very important skill to develop. Here is a list of some warning signs you can look for.

1. Pressure to get serious faster than I want to
2. Demands for things, food, friends, activities to be what he wants
3. Use of vulgar or disrespectful language in front of me or my kids
4. Using guilt to make me do what he wants
5. Using things he knows about my past to hurt or control me
6. Not keeping promises or following through on plans
7. Excessive drinking
8. Jealousy
9. Making decisions without my input or consent
10. Not having his own friends, possessions, financial plan
11. Lying
12. Thinks we should do everything together
13. Keeping secrets from people/me
14. Not listening and respecting my opinions
15. Causing me to feel afraid or uneasy because of his behavior or expressed feelings
16. Having things in his past that slowly begin to come to my awareness (past criminal record, children, ex-partners, debts.)