

Relationship Red Flag Warning Inventory

WORKSHEET

Darken the circle for each statement that applies.

- I am becoming isolated from my friends and my family.
- Sometimes I feel really stupid around this person.
- I am becoming obsessed with this person.
- There is a lot of possessiveness in this person.
- I can't stand to see this person talking to another attractive person.
- We are always doing what my partner wants to do.
- We can't seem to keep our hands off each other.
- This person has pushed or shoved me.
- I do not feel emotional safety with this person.
- This romance started very quickly.
- This person yells at me and puts me down.
- I have unresolved conflict with this person, but it doesn't matter.
- This person is not consistent with financial decisions.
- We are frequently alone and physical with one another.
- This person frequently embarrasses me or makes fun of me in front of others.
- This person makes me feel there is no way out of this relationship.
- This person uses intimidation to make me do what they want.
- This person seldom takes responsibility for consequential actions and blames others for problems.
- This person seems to have a short fuse and gets angered easily.
- When I am around this person, I often feel guilty or inadequate.
- This person takes charge and is controlling.
- At times this person is extremely charming and tells me how much I am loved, but other times this person is demeaning and disrespectful.
- Most of my family and friends disapprove of this person.
- I don't get along with this person's family or friends.
- This person does not honor my boundaries.
- My attitude towards my future plans and goals are changing.

If after filling out this list you feel your relationship is unhealthy, seek help.