

YOUR GUIDING LIGHT

RELATIONSHIP RED FLAGS

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● LACK OF EMPATHY:

Disregarding your feelings, needs, or concerns, and showing little empathy towards your experiences. Mutual empathy and support are crucial for a healthy relationship.

EXAMPLES-

- Verbal Example 1: "Stop crying, you're overreacting."
- Verbal Example 2: "I don't see why you're upset. It's not a big deal."
- Verbal Example 3: "I've had a tough day too, so can you stop talking about your problems?"

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● UNWILLINGNESS TO COMPROMISE:

Refusal to consider your perspective or make compromises in disagreements. Healthy relationships involve mutual compromise and finding solutions together.

EXAMPLES-

- Verbal Example 1: "I'm not changing my mind, end of discussion."
- Verbal Example 2: "It's my way or the highway, take it or leave it." or "I have always done things this way, I don't want to change anything."
- Verbal Example 3: "We'll do what I want this time. We can do what you want next time, maybe."

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● LACK OF RESPECT:

Disrespectful behavior towards you, other people in their life, or towards your friends or family. This can include belittling comments, dismissive attitudes, or ignoring your boundaries.

EXAMPLES-

- Verbal Example 1: "You're so stupid, you can't even do simple tasks right."
- Verbal Example 2: "Why are you friends with them? They're beneath you."
- Verbal Example 3: "Your opinions don't matter, you don't know anything about this"

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● CONTROLLING BEHAVIOR:

Trying to control aspects of your life such as who you see, what you wear, your finances or how you spend your time. Healthy relationships are built on trust and mutual respect, not control.

EXAMPLES-

- Verbal Example 1: "You're not allowed to go out with your friends without my permission." or "Why do you have to go out without me?"
- Verbal Example 2: "You can't wear that, it's too revealing. Change before we go out."
- Verbal Example 3: "I don't want you talking to him. Stop texting him immediately."

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● PATTERNS OF DISHONESTY:

Regularly lying, whether it's about small things or significant issues. Trust is the foundation of a healthy relationship, and consistent honesty is essential.

EXAMPLES-

- Verbal Example 1: "No, I didn't spend any money on that new gadget." (When credit card statements show otherwise)
- Verbal Example 2: "I was at home all evening, I didn't go out." (Despite being seen out by friends)
- Verbal Example 3: "I swear I didn't say that about you to my friends." (When you hear from those friends directly)

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● DISREGARD FOR PERSONAL BOUNDARIES:

Refusal to consider your perspective or make compromises in disagreements. Healthy relationships involve mutual compromise and finding solutions together.

EXAMPLES-

- Verbal Example 1: "I don't care if you're not comfortable with it, I want to do this."
- Verbal Example 2: "I don't see why you're so uptight about privacy. We're in a relationship, I should have access to everything."
- Verbal Example 3: "Stop being so sensitive. I can touch you whenever I want."

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● LACK OF AMBITION OR DRIVE:

A partner who lacks motivation, ambition, or goals for their future may struggle to support your own aspirations or contribute positively to the relationship.

EXAMPLES-

- Verbal Example 1: "I don't see why I need to find a better job. This one pays the bills."
- Verbal Example 2: "I'm fine with where I am. I don't need to aim for more."
- Verbal Example 3: "Why do you want to travel? What's wrong with staying home and watching TV?"

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● FINANCIAL IRRESPONSIBILITY:

Repeatedly demonstrating poor financial management, such as overspending, gambling problems, or refusing to contribute their fair share to shared expenses.

EXAMPLES-

- Verbal Example 1: "I know I spent a lot, but I'll pay you back next month."
- Verbal Example 2: "I can't contribute to rent this month, but I'll make it up to you."
- Verbal Example 3: "I don't see why I need to save money. You have enough for both of us."

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● INCONSISTENT EFFORTS:

Hot-and-cold behavior where they are affectionate one moment and distant the next. Communication and efforts should be open, honest, and consistent in a healthy relationship.

EXAMPLES-

- Verbal Example 1: "I love you so much, you mean everything to me." (Followed by days of silence)
- Verbal Example 2: "We should plan a trip together next month!" (Never brings it up again)
- Verbal Example 3: "I'll call you later tonight." (Doesn't call or offer any explanation)

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● JEALOUSY OR POSSESSIVENESS

Constantly questioning your whereabouts, accusing you of infidelity without reason, or becoming overly jealous when you interact with others. Healthy relationships thrive on trust, not possessiveness.

EXAMPLES-

- Verbal Example 1: "Why were you talking to him? Are you interested in him?"
- Verbal Example 2: "You're spending too much time with your colleagues. I don't like it."
- Verbal Example 3: "You're not allowed to have any male friends. It's inappropriate."

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