

RELATIONSHIP RED FLAGS

In any relationship, platonic or romantic, it's important to watch out for red flags. No one deserves to be treated less than they are. Below are some common red flags.

- ☐ holds you back from what you want
- ☐ constant jealousy
- ☐ spends too much time with you or too little time with you
- ☐ isolates you from your family and friends
- ☐ doesn't empathize with you
- ☐ takes more from you than gives
- ☐ monitors your whereabouts
- ☐ makes you feel guilty or bad about yourself
- ☐ doesn't ask for consent
- ☐ judges you
- ☐ tells you how to act, dress, etc.
- ☐ lies or keeps secrets
- ☐ doesn't apologize
- ☐ makes you feel afraid
- ☐ you feel like you can't be yourself