

Relationship Red Flags Checklist

Warning Signs to Pay Attention To Before Marriage • Divine Grace Coaching

Important Reminder

No one is perfect, and every relationship will face challenges. However, some patterns should never be ignored. Red flags are not necessarily reasons to end a relationship immediately, but they are signs that deeper conversations, boundaries, accountability, or professional support may be needed.

Character & Integrity

- Frequent dishonesty or half-truths
- Refuses to take responsibility for mistakes
- Blames others for everything
- Lives differently in private than in public
- Makes promises but rarely follows through

Communication & Conflict

- Shuts down completely during conflict
- Uses insults, sarcasm, or name-calling
- Refuses to discuss problems
- Explosive anger or intimidation
- Never apologizes or accepts responsibility

Control & Boundaries

- Attempts to isolate you from family or friends
- Excessive jealousy or possessiveness
- Wants to control your decisions
- Disrespects your boundaries
- Uses guilt to get their way

Faith & Values

- Significant differences in core values
- No interest in spiritual growth
- Speaks negatively about your faith
- Inconsistent lifestyle compared to stated beliefs
- Unwillingness to discuss important life goals

Financial Concerns

- Secretive about money
- Irresponsible spending habits
- Excessive debt with no plan to address it
- Financial dishonesty
- Refusal to discuss financial goals

Emotional Health

- Manipulation or emotional games
- Extreme mood swings without accountability
- Lack of empathy for others
- Constant criticism
- Uses shame, fear, or guilt as a weapon

Questions to Consider

- Am I making excuses for behavior that concerns me?
- Have trusted friends or family expressed concerns?
- Do I feel respected, safe, and valued in this relationship?
- Am I hoping marriage will fix issues that already exist?
- Am I seeing consistent growth and maturity over time?

A Healthy Relationship Includes:

- ✓ Trust
- ✓ Respect
- ✓ Honesty
- ✓ Accountability
- ✓ Healthy Communication
- ✓ Shared Values
- ✓ Mutual Support
- ✓ Emotional Safety

Final Thought

Love should never require you to ignore wisdom. Pay attention to patterns, not just promises.