

Negging Red Flag Checklist

How to Spot Subtle Put-Downs in Dating and Relationships

1. The “Compliment” That Feels Off

- ☐ Do their compliments leave you feeling confused or slightly insulted?
- ☐ Do they praise you while adding a subtle jab?

Examples: *“You’re pretty smart for someone who’s not into business.” Or “Nice to hear you made all these amazing accomplishments, but can you bake a cake from scratch?”*

2. Disguised Insults as Humor

- ☐ Do they say something hurtful, then claim they’re “just joking”?
- ☐ Do they use humor to point out flaws instead of celebrating strengths?

Examples: *“Wow, you’re wearing heels — you must be trying hard today.” Or “You are very pretty for your size.”*

3. Constant Comparisons

- ☐ Do they compare you to exes, celebrities, or friends in a way that puts you down?
- ☐ Do they make it sound like you “almost” measure up but never quite do?

Example: *“You’re cute... but my ex had better style.”*

4. Undermining Achievements

- ☐ Do they downplay your wins or make them seem less important?
- ☐ Do they respond to your good news with surprise or doubt instead of support?

Example: *“You got that job? Wow... didn’t think they’d pick you.”*

5. Making You Work for Approval

- ☐ Do they hint that you'd be more attractive *if only* you changed something?
- ☐ Do you feel you must prove yourself to earn genuine praise?

Examples: “*You’d be gorgeous if you lost a little weight.*” Or “*I will marry you in a heartbeat if you can show me that you can clean my place.*”

6. Shifting the Power Dynamic

- ☐ Do they try to keep you slightly insecure, so you’ll seek their validation?
 - ☐ Do they seem more interested in control than connection?
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7. How You Feel After Interactions

- ☐ Do you often feel confused, off-balance, or second-guessing yourself?
 - ☐ Do you feel less confident than before you met them?
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If you checked several boxes:

You may be experiencing negging. In a healthy relationship, compliments feel sincere, humor feels safe, and your wins are celebrated — not diminished.