Universal Red Flags
From the book "How To Spot a Dangerous Man"

Some red flags indicate undeniable truths. The wise woman will memorize, pay attention to, and utilize these signs as opportunities to reexamine the relationship – or to exit, if necessary.

Tell yourself the truth about your relationship. Take the quiz to see if any universal red flags are present in your current relationship. If you’re not currently dating anyone, answer the questions as they relate to one or more of your past relationships, whether serious or casual.

Check all the following that apply even if only remotely:

_____ You feel uncomfortable about something he has said or done, and the feeling remains
_____ You often feel mad or scared, or he reminds you of someone else you know with a serious problem.
_____ You wish he would go away, you want to cry, and you want to run away from him.
_____ You dread his phone calls.
_____ You are often bored with him.
_____ You think no one else in his life understands him.
_____ You think no one else in his life has ever really loved him/helped him.
_____ You think you are the only one who can help/love/understand him.
_____ You have the urge to “love him into emotional wellness,” if that were possible.
_____ You think or wish you could help him “change” or “fix” his life.
_____ You let him borrow money from you or ask your friends to lend him money.
_____ You feel bad about yourself when you are around him.
_____ You only feel good about yourself when you are with him.
_____ You find your identity in your relationship with him.
_____ You feel he wants too much from you.
_____ You are emotionally tired from him; you feel he “sucks the life out of you.”
_____ Your value system and his are very different, and it’s problematic
Your past and his are very different, and the two of you have conflicts over it.

You tell your friends you are “unsure about the relationship.”

You feel isolated from other relationships with friends and family.

You think he’s too charming or a little “too good to be true.”

You feel in the wrong because he is always right and goes to great lengths to show you he is right.

You are uncomfortable because the continually says he knows what is best for you.

You notice he needs you too frequently, too much, or too intensely.

You wonder if he really understands you or instead just claims to.

You feel uncomfortable because he has touched you inappropriately of too soon.

You notice he quickly discloses information about his past or present or his emotional pain.

You sense he is pushing too quickly for an emotional connection with you.

He pushes you early on in the relationship to disclose information about your past.

Although you don’t believe it, he claims to feel an immediate connection with you (a sign of false intimacy).

You see him as a chameleon; you notice he can change to please whoever is in his presence.

You notice how soon he tells you about his earlier failed relationships and about his previous partners and their flaws.

You notice he mostly talks about himself, his plans, and his future.

You notice he spends a lot of time watching violent movies or TV or playing violent video games; he can be preoccupied with violence, death, or destruction.

You have heard him confess to a current or previous drug addiction.

You have information about major relationship problems that he handled poorly.

He has confessed that he has been violent in the past or uses drugs or alcohol when stressed.

You know he has multiple children by multiple partners, is inconsistent in paying child support, or rarely sees his children; you find yourself blaming the mother of his children for his behaviors.
_____ You find yourself accepting him “for now” even though you have plenty of red flags that would help you to terminate the relationship if you paid attention to them.

_____ You find that you would rather be entertained in this go-nowhere relationship than be bored alone.

_____ You make excuses for why you are dating him.

_____ You make excuses for his character and minimize his behavior.

_____ Your friends or family don’t want to be around him.

_____ You make excuses and don’t allow others to be around him because of what they think of him.

How many check marks do you have? _____

Is this relationship going in a direction that will fulfill your needs? Answer here:

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