

Relationship Red Flags Checklist

▶ Signs of Emotional Abuse & Manipulation Tactics

- They regularly insult, criticize or belittle you
- They guilt-trip you to get their way
- They gaslight you and deny reality
- They give you the silent treatment as punishment

▶ Patterns of Disrespect, Criticism & Put-Downs

- They mock or make fun of you, even if "jokingly"
- They nitpick or criticize you constantly
- They invalidate or dismiss your feelings/opinions
- They blame you for their anger/unhappiness

▶ Controlling Behaviors That Limit Independence

- They try to control what you wear or how you look
- They demand to know where you are at all times
- They restrict you from friends, family or activities
- They make decisions for you without your input

▶ Feeling Drained, Anxious or Unsafe Around Them

- You feel emotionally exhausted after being with them
- You constantly walk on eggshells around them
- You feel afraid of their anger/reactions
- Your self-esteem has declined since the relationship

▶ Lack of Emotional Support or One-Sided Effort

- They dismiss or minimize your problems
- You do all the work to resolve conflicts
- They withhold affection, praise or appreciation
- They don't reciprocate care or consideration

▶ Toxic Communication Patterns

- They often give you the silent treatment
- They curse at you or call you names
- They regularly interrupt or talk over you
- They twist your words and start unnecessary fights

▶ Disregard for Boundaries & Privacy

- They go through your phone/emails without permission
- They show up uninvited to your home/work
- They overstep physical boundaries you've set
- They dismiss your requests for personal space

▶ Feeling Trapped or Unable to Express Yourself

- You've considered ending the relationship but feel stuck
- You have to censor or filter what you really think
- Making decisions for yourself results in arguments
- You feel like you're just going through the motions

✦ Quick Relief Tips ✦

- Practice breathing exercises when you feel overwhelmed
- Write down your feelings in a journal to process emotions
- Schedule solo time to recharge and get distance
- Repeat positive affirmations about your self-worth
- Reach out to a supportive friend to get perspective

If you checked off several items on this list, you may be trapped in an unhealthy, toxic cycle in your relationships. But you don't have to stay stuck - I can help you break free.

Don't Stay Stuck - Get Relief Today

Book a free 1-on-1 "Toxic Relationship Recovery Planning Session" with me to get personalized guidance on establishing boundaries, increasing self-worth, and cultivating the healthy relationships you deserve.

Spaces are limited, so [click here](#) to schedule your call now.