

EROS

Love, Relationships, and Romance

Recognizing red flags and green flags in relationships can help you navigate potential pitfalls and identify healthy dynamics. The internet was blowing up two years ago over red flags and there was a plethora of things mentioned as red flags. To be clear, a red flag is not something that you don't like about a person. A red flag is a sign that a person could cause you harm; physically, emotionally, spiritually, and/or financially if you ignore the red flag. The best thing to do when you notice a red flag is to **RECOGNIZE IT, RESPOND/REACT,** and then **RUN!** ON the next page is a list of Here are examples of red flags to consider.

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RED FLAGS:

1. Lack of trust
2. Controlling behavior
3. Disrespectful communication
4. Unwillingness to compromise
5. Emotional or physical abuse
6. Love-bombing
7. Failure to respect boundaries
8. Not over their ex
9. Withholding affection
10. You're confused



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Red Flags:

1. Lack of trust: Constantly questioning your partner's honesty or feeling a lack of trust in the relationship can be a red flag.
2. Controlling behavior: Excessive control over your actions, choices, or interactions with others can indicate an unhealthy power dynamic.
3. Disrespectful communication: Frequent belittling, name-calling, or dismissive behavior can erode the foundation of a healthy relationship.
4. Unwillingness to compromise: A partner who consistently refuses to find middle ground or consider your perspective may indicate a lack of respect for your needs.
5. Emotional or physical abuse: Any form of abuse, be it verbal, emotional, or physical, should never be tolerated and warrants immediate attention and support.
6. Love-bombing: Love-bombing consists of bombarding you with gifts, making over-the-top gestures, being excessively needy, and riding on the soulmate narrative early on. These are signs that you're probably being manipulated by a narcissist or are about to be dragged into an abusive relationship.
7. Failure to respect boundaries: If someone fails to respect boundaries you've set up, such as showing up uninvited, they are showing you that they do not respect your boundaries.
8. Not over their ex: If someone cannot stop talking about their ex, chances are they are not over them. If you mention it and they continue to talk about their ex, you should walk away. If their ex is still a topic of discussion for them, they aren't over them.
9. Withholding affection: When you care for someone, you naturally desire to show it and act on that. If someone is not showing affection, they are either not interested or they have gone through some sort of trauma that causes them to not show affection. The latter requires healing, but it is not your job to heal them.
10. You're confused: If you are often feeling confused about the status of your relationship or you can't pinpoint how the other person feels about you and you have made an attempt to see where they stand and you are still confused, it's time to walk away.

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Here, You Matter!

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