

Red flags


- Lack of communication.
 - Unwillingness to grow.
- Accusing you of being too “sensitive” or making a “big deal” out of nothing.
 - Dismissiveness
- Lack of trust.
- Controlling behavior, possessiveness.
- Disrespect of person and boundary.
- Unresolved past relationships.
- Intensity. Volatility.
- Extreme jealousy.
- Holding anything (the relationship, their life, etc.) as hostage.
- **Physical abuse** - any intentional act causing injury or trauma by bodily contact
- **Verbal abuse** - the use of words to cause harm
- **Emotional abuse** - using emotions to criticize, embarrass, shame, blame, or otherwise manipulate another person
 - **Gaslighting**- manipulator tries to get the victim to question their reality, perception, or memory.
- **Sexual abuse** - being forced into any sort of sexual activity not wanted. Force may be used.
 - **Rape** - sexual intercourse or other sexual activities (penetration) carried out against a person without their consent.
 - **Coercion** - any unwanted sexual activity that happens when you are pressured, tricked, threatened, or forced in a nonphysical way.
- **Financial abuse** - controlling a victim’s ability to acquire, use, and maintain financial resource

Relationship & Communication

Green flags


- **Respect.**
 - For your body, for your opinions and thoughts, for your boundaries.
 - **Setting boundaries isn’t about shutting someone out of a certain part of your life.
- **Honesty.**
- **Trust.**
- **Open communication.**
 - Compromises if necessary- both are willing to change.
 - Active listening
- **Acknowledging faults**, especially after arguments.
- **Emotional support.**
 - Support for your ambitions, for your other relationships/friendships, for your hobbies and interests.
- **Feeling safe** and feeling like you can be yourself.
- **Equality.**
 - No unequal power dynamic.
 - Views you as an equal.
- A productive part of your **self-growth**.

Communication

What is heard depends on the emotional context (mood) of the situation, intention and the impact of the conversation. 

4 things in a conversation: intention vs impact

- 1) What you say/mean
- 2) what the other person hears/perceive
- 3) what the other person says/means
- 4) what you hear/perceive

 It matters more about how you are perceived or heard by the other person (your impact), rather than what you mean or say (your intention)

Example Scenario: A friend is late for lunch

