

# RELATIONSHIP



## RED FLAGS

## AND

## GREEN FLAGS

**GREEN FLAGS IN A RELATIONSHIP ARE BEHAVIORS AND FEELINGS THAT MAKE SOMEONE IN A RELATIONSHIP FEEL SAFE AND COMFORTABLE**

**RED FLAGS IN A RELATIONSHIP ARE BEHAVIORS AND FEELINGS THAT MAKE SOMEONE IN A RELATIONSHIP FEEL UNSAFE AND UNCOMFORTABLE**

## RED FLAGS

## GREEN FLAGS

-  **LACK OF COMMUNICATION & TRUST**
-  **CONTROLLING BEHAVIOR**
-  **EXCESSIVE CRITICISM**
-  **ISOLATION FROM FRIENDS/FAMILY**
-  **DISREGARD OF BOUNDARIES**
-  **DISHONESTY**
-  **GASLIGHTING & MANIPULATION**
-  **FEELING LIKE YOU NEED TO "WALK ON EGGHELLS"**
-  **FEELING FEARFUL**
-  **FEELING LIKE YOU DO NOT KNOW WHAT TO EXPECT FROM THE OTHER PERSON**
-  **PHYSICAL & SEXUAL ABUSE**

-  **SHARED GOALS**
-  **MUTUAL SUPPORT**
-  **HUMOR, FUN, & PLAY**
-  **POSITIVE AFFIRMATIONS**
-  **FAIR DISTRIBUTION OF RESPONSIBILITIES**
-  **INDEPENDENCE**
-  **FEELING SUPPORTED**
-  **FEELING SECURE IN YOUR RELATIONSHIP**
-  **ABILITY TO DISAGREE RESPECTFULLY**
-  **CLEAR & RESPECTED BOUNDARIES**
-  **EMOTIONAL & PHYSICAL SAFETY**



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**RECOGNIZING AND CALLING OUT RED FLAGS IN OUR RELATIONSHIPS, AND OUR LOVED ONES RELATIONSHIPS, HELPS PREVENT UNHEALTHY AND ABUSIVE RELATIONSHIPS FROM DEVELOPING. IF YOU SEE SOMETHING, SAY SOMETHING!**