

# Red Flags Exercise

*Which of these characteristics raises red flags about a friendship or dating relationship? Why?*

1. They encourage you.
2. There is a large age gap in the relationship.
3. They ask what you want to do on the weekend.
4. You constantly feel nervous or anxious about the relationship.
5. They use guilt to get you to do what they want.
6. They cheer you on at games or recitals.
7. You have a gut feeling that the relationship is not going in a good direction.
8. They are condescending or belittling.
9. You feel pressure to engage in risky behavior.
10. They make you laugh when you're sad.
11. You feel pressure to share things you don't want to share.
12. They use bribery or pressure to get you to do what they want.
13. They become jealous when you spend time with other friends or with family.
14. They are proud when you succeed.
15. They check in on you multiple times a day and want to know where you are at all times.
16. They have constant mood swings.
17. They seem obsessed with you.
18. They respect your opinions.
19. They comment when you look "too good" when going out with others.
20. They say "I love you."

Other Red Flags? \_\_\_\_\_