

## Dating Red Flags

If you looked up this test, or the related subject, either you are usually attracted to unhealthy or toxic partners and want to make sure you are not doing the same mistake, or you feel that something is off and want to confirm if its just you.

I can already tell you that if you feel that something is off, than it is. I hope that this test will confirm messages from your intuition, and that you learn to trust it from now on.

Circle or tick the answer to each question. If in doubt go with your intuition, or the first answer that comes to mind.

### Are they love bombing you?

Does s/he feel a bit too much?	Y	N
Is s/he too charming, too romantic, make you feel a bit too special – as if everything about you is special?	Y	N
Does it feel like too good to be true?	Y	N
Is s/he dropping the L word too quickly, insinuating too early that this is more than “like”, or talking of “us” too quickly?	Y	N
Do you feel that they are pushing the relationship forward too fast?	Y	N

### Are they interested only in themselves?

Is s/he a bad listener? Does s/he talk too much about her/himself?	Y	N
Can s/he contribute to the conversation when it is not about him/her? Does s/he change the subject back to her/him?	N	Y
Does s/he ask questions to get to know you better?	N	Y
Is s/he completely dis-interested in your past relationships?	Y	N
Does s/he put forethought in making plans with you? Do they take into account your schedule and preferences?	N	Y
Does your partner often reply to serious texts with emojis?	Y	N

### Are they rude or have an exaggerated sense of entitlement?

Is s/he rude to serving people? Have you witnessed anger or aggressive behaviour, which is out of proportion to the event that triggered them?	Y	N
Does your partner feel entitled, always right, or better than others? Does s/he have a problem admitting s/he is wrong?	Y	N
Does s/he think that no one should correct him/her; over-reacts when questioned or challenged, and tries to shift the blame back on you or others?	Y	N

Does s/he sulk if they do not get their way? Is it their way or the highway?	Y	N
Do they make fun of other people's looks, size or style?	Y	N
Does your partner believe that the rules don't apply to them? Do they feel superior and above the rules? Do they disregard rules and laws?	Y	N
Does s/he show genuine appreciation for the things you do for them?	N	Y

**Are they getting physical too fast?**

Does s/he start sexting you, or getting physical too early?	Y	N
Does s/he try to make you feel guilty, or stupid, for not having sex?	Y	N

**Are they jealous?**

Does s/he show any jealousy about your past, your friends, or your activities?	Y	N
Does they seem to cringe and not say anything when you are talking about your successes? Do they seem to dampen on or ruin your successes and celebrations?	Y	N
Does s/he seem to have no friends? Are his/her friends all of the opposite sex?	Y	N

**Does your date lack empathy?**

Is your partner unable to share your sadness when you experience disappointment or loss?	Y	N
Is your partner not able to apologize and show genuine regret when their actions have upset you, regardless of whether they meant any harm?	Y	N
Have you seen them smiling, smirking, or laughing as they watch another's pain on screen, or in real life, including your pain?	Y	N

**Do they deserve your trust?**

Has there been instances when this person chose over their pleasure and comfort over your feelings ?	Y	N
Does s/he do what s/he says they will do?	Y	N
Do their stories tally? Do you feel comfortable s/he is not hiding things from you?	Y	N
Does s/he feel the need to state, maybe more than once, that they would never lie or cheat?	Y	N
Have you felt that some communication is off -like s/he is giving you information you did not ask for, or said in a weird way or at an inappropriate time, or perhaps avoiding to give some details?	Y	N

**Do they talk down to you?**

Do you sometime feel that s/he is saying something hurtful, but s/he is beyond breach, as if its made to look like a joke or something completely innocent?	Y	N
Does s/he try to bring you down?	Y	N
Does your partner suggest you should change or improve something about yourself?	Y	N
Do they compare you to other women/men, or try to make you feel you could loose them to someone else?	Y	N

**Are you justifying less than acceptable behaviour? Do you feel you have to be careful around him or her?**

Do you find yourself justifying his absence, words, or actions, in your head, or with your friends?	Y	N
Has more than 1 or 2 friends or family members, raised their eyebrows about him?	Y	N
Is there something you feel embarrassed to tell your friends about your relationship with this person?	Y	N
Do you find yourself having to be careful how you say, or do things, or s/he will get angry or offended easily?	Y	N
Do you feel this relationship is taking too much of your energy and time already?	Y	N
Do they have big stories about their past, or big plans for their future with no basis for them or no experience at whatever they're planning? Do they make big promises? Have you observed them do, or they tell you they did something, you feel 90% of people would not do? The latter applies even if they come up with what appears to be valid reasons for their behaviour.	Y	N

**Is there inconsistent giving?**

Are there strange pauses in the communication and/or your meetings?Is there a lot of attention, followed by silence or completely ignoring you?	Y	N
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**Do they show signs of lack of responsibility?**

Is s/he irresponsible with his/her health, money, kids (if any), and on their job? Do they seem to spend beyond their means?	Y	N
Do they pay for half of the dates?	N	Y

See scoring method in the next page.

### Scoring

In the first set of questions, score 0 if you replied "N" for all questions; , if you replied "Y" to one question and 2 if you replied Yes to 2 or more questions.

Add this to the count of replies marked in the first column for the remaining of the test.

<b>3 or 4</b>	Stay aware and open to more information. DO NOT invest emotionally, or in any other way just yet. You need more observation.
<b>Between 5 and 9</b>	You may think 5 from this list is not too much. But the list is the variety of possibility. 5 red flags is 5 red flags!!! Are they solid red flags. If yes thread carefully. This person shows signs of abusive, gaslighting or borderline behaviour. Keep collecting data based on actions not words. Do the test again in 4 weeks time.
<b>Between 10 and 14</b>	Run!!
<b>15 or more</b>	Did you really need this test?

