**Red Flag Dating Checklist**

**Use this Checklist to Identify Possible Red Flags When You are Dating**

**Remember the Mantra – Learn to Discern**

**Are You Seeing the Potential in the Man?**

* **Would I want to spend the rest of my life with this man exactly as they are today?**
* **Would I want this person to raise my child?**
* **Would I want my child to be like this person?**
* **Do I want to rescue or “help” them because I see their potential?**

**Are you settling or in the hope of a relationship vs the reality?**

* **I love the way they look, or their status and it builds my self-esteem to be with them**
* **We have some things in common and so I’m avoiding looking at glaring differences?**
* **He is not checking all your non-negotiables.**

**Warning Signs:**

* **Reacts with anger, rage, and blame**
* **Has negative things to say about past relationships**
* **Tries to be controlling including you**
* **Immature, impulsive, and irresponsible**
* **Emotionally distant or void or aloof**
* **Married or otherwise unavailable**
* **He will say he is not ready for a relationship**
* **He is flaky and does not honor his word**
* **Addictive behaviors**
* **His actions don’t match his words**
* **He does not act excited to see you**
* **He does not introduce you to his friends and family**
* **Does not listen or honor your needs when you ask for them**
* **Does not honor your boundaries**
* **He wants to move too fast in the relationship and keeps you from being with your friends**
* **He does not know how to communicate in an empowering way**
* **He does not make time for you and always has an excuse he is busy**
* **He is overly quiet or withdrawn**

**If you are finding that you are checking any of these boxes and know deep down that you should not be with this man but finding it hard to let go, then talk.**

**Xoxo**

**Kim Quick**