

Relationship Red Flags Checklist

Know the Signs. Protect Your Peace.

By Rachelle S. | @soulsweetlife

Emotional & Communication Red Flags

- I feel anxious or uneasy more than I feel at peace
- I can't express my feelings without fear of conflict or shutdown
- My concerns are dismissed, minimized, or ignored
- We avoid important conversations instead of working through them
- I feel misunderstood more than I feel heard

Behavior & Consistency Red Flags

- Their words and actions don't match
- They are hot and cold (inconsistent effort/attention)
- They make promises but rarely follow through
- I feel confused about where I stand in the relationship
- I'm constantly waiting for things to "get better"

Boundary & Respect Red Flags

- My boundaries are ignored or challenged
- I feel guilty for saying "no" or choosing myself
- They pressure me emotionally, physically, or mentally
- My time, energy, or needs are not respected
- I feel like I have to over-explain or justify myself

Control & Manipulation Red Flags

- They try to control who I talk to, see, or spend time with
- I feel isolated from friends or family
- They guilt-trip me or make me feel responsible for their emotions
- They twist situations to make me feel like I'm always wrong
- I question my reality or feel "crazy" after conversations

Self-Worth & Internal Signs

- I feel like I'm not enough in this relationship
- I'm overgiving and not receiving the same energy
- I've started to lose myself trying to make things work
- I stay because I'm afraid to be alone
- I keep ignoring my intuition

Reflection Moment:

If you checked multiple boxes, pause and ask yourself: Am I choosing this relationship out of love or fear? Is this relationship helping me grow—or keeping me stuck? Would I want my daughter, friend, or younger self to accept this?

Final Truth:

Red flags don't always show up loudly. Sometimes they show up as confusion, inconsistency, and emotional exhaustion.

You deserve:

Peace, Clarity, Respect, Consistency.

Don't ignore what your spirit is trying to tell you.

With love & growth, Rachelle S. @SoulSweetLife