

RED FLAGS IN RELATIONSHIPS

6 top warning signs in relationships
to pay attention to

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|  They argue with, or push back on boundaries you have set even in “innocent” ways. | <i>Your boundaries deserve to be respected.</i> |
|  You feel nervous or uncomfortable when they are angry. | <i>The way anger is expressed shouldn't make others feel unsafe.</i> |
|  You spend less and less time with your friends. | <i>Isolation in relationships is unhealthy. We need community!</i> |
|  They have poorly managed jealousy. | <i>Jealousy is normal. Jealousy that becomes all-consuming isn't okay.</i> |
|  Your other friends don't want to be around them. | <i>The people in your life can sometimes see red flags you're missing.</i> |
|  They are often critical of you. | <i>Constant criticism is toxic to a relationship.</i> |
|  They talk badly about other people. | <i>The way we speak about others shows where our heart is.</i> |