



# Relationship Red Flag/ Warning Inventory

**Darken the circle for each statement that applies:**

- I am pulling away from my friends.
- My friends think I am obsessed with this person.
- My attitude towards my future plans and goals are changing.
- I can't stand to be away from this person.
- There is a lot of possessiveness in this person.
- I can't stand to see this person talking to another guy or girl.
- We are always doing what he/she wants to do.
- We can't seem to keep our hands off each other.
- All I can concentrate on is how this person looks and dresses.
- I am not myself with this person.
- This romance started very quickly.
- I think this person is perfect.
- I have unresolved conflict with this person, but it doesn't matter.
- We seem to be very serious with each other.
- We are frequently alone and physical with one another.
- This person frequently embarrasses me or makes fun of me in front of others.
- This person makes me feel there is no way out of this relationship.
- This person uses intimidation to make me do what they want.
- This person seldom takes responsibility for their actions and blames others for problems.
- This person seems to have a short fuse and gets angered easily.
- When I am around this person, I often feel guilty or inadequate.
- This person usually takes charge.
- At times this person is extremely charming and tells me how much he/she loves me but other times this person is demeaning and disrespectful.
- Most of my family and friends disapprove of this person.
- I don't get along with this person's family or friends.