



RED FLAG CHECKLIST

Red Flag	Often	Sometimes	Never
Wants to move too quickly into the relationship - move in together, have joint accounts			
Early in the relationship flatters you constantly, and seems “too good to be true (love bombing)			
Wants you all to him/herself; insists that you stop spending time with your friends or family. Almost seem jealous of your family, friends, or even pets’ attention.			
Insists that you stop participating in hobbies or activities, quit school, or quit your job.			
Does not honor your clear boundaries you have clearly set.			
Is excessively jealous, controlling and accuses you of being unfaithful.			
Wants to know where you are all of the time and frequently calls, emails, and texts you throughout the day and becomes angry if you are unresponsive.			
Turns up to your workplace or where you do various activities such as the gym or coffee shops unannounced.			
Threatens to ‘punish you’ or ‘teach you a lesson’ if you do not comply with their request.			
Regularly checks your social media or phone without your permission.			
Criticises or puts you down; says you are crazy, stupid, and/or fat/unattractive, or that no one else would ever want or love you.			
Makes you feel like you are walking on egg shells, timid when they around you.			
You feel you need your approval on what you wear, your hair, your makeup, etc			
They claim to have friends or contacts who will report your activities when you are away from home.			
They claim to be exceptionally bright or much smarter than you.			
They threaten to make your personal information, photos or secrets public.			
Threaten suicide or mental breakdown if you leave or withdraw love or affection.			
They hint at drinking excessively again if you do or say something to upset them.			
They keep guns, knives, or other weapons close by or indicate that they have them nearby or easily accessible.			
Use bodily/ facial expressions or noises to show extreme anger and loss of control in order to frighten you.			
Start to tell you how to spend your money, ask for regular ‘loans’, move in but don’t share payments/expenses, want you to put money into their account not yours.			
Do you discourage people from phoning you at home when your partner is there because they make you feel uncomfortable?			
They apologise and say the abuse is simply a sign of deep love or fear of losing you.			
They refuse to say sorry, accept responsibility, or always blame others for issues.			
Do they have a history of abusing others? Animals?			
Do they blame entire failure of previous relationships on their former partner; for example, “My ex was totally crazy.”?			
Do they run up debt on your credit card, gamble joint money or borrow money in your joint names?			
Do they make you feel scared, anxious or intimidated?			
Rages out of control with you but can maintain composure around others?			
Tell you they will hurt you, your children, your pets, or people you care about?			

Refuse to provide essential care and support for you if they are your parent, guardian, carer, or paid support person?			
They make looking after a baby hard by not letting you feed or settle your baby when you need to			
Scare you by following you, harassing you, or refusing to leave you alone? Or Monitor your location via your phone or tracking devices.			
Make you question your own memory and mental health - known as gaslighting.			
Use the legal system to bully or intimidate you? Delay tactics, threaten to bankrupt you, fail to make agreed payments, threatening to sue you, force you to sign documents or take on their debts.			
Stop you from making decisions about whether or not to have a baby, force you to abort a pregnancy, refuse to wear a condom or let you use contraception.			
Stop you from having medicine you need or from seeing a doctor or getting other medical treatment eg, physiotherapy, dental, X-rays, scans.			
Give you medicine you don't need or more medicine than you need.			
Take your money or use it to make your life hard.			
Touch you in ways you don't like or force you to have sex even if you are in a relationship.			
Say and do things that make you feel scared or unsafe.			
Share private photos or videos of you online without your permission.			
Force you to do things that are against your religious, cultural or moral values.			
Ridicule the traits that you admire most in yourself.			
Do they tell you that no one else will want you?			
Do they call you names with derogatory sexual or racial connotations?			
Do they flaunt relationships or flirt with others in your presence?			
Do they insist you ask permission to spend money for household or personal items even if money is in your own account or joint account?			
Do you feel nervous or frightened of what your partner will do or say if you are reasonably late from work, an event, visiting family or friends, shopping?			
Do your personal items seem to move so you 'lose' things often? Do they make demands that change regularly and are contradictory (ie never said I ate eggs, even though you cooked them eggs many times before)?			
After abusing you, does your partner express so much sorrow, guilt or self-hate that you become the one who ends up comforting them?			
Do you seem to get drunk or mentally altered quickly after a meal or drink? Are you concerned that you have been given something to affect your mind?			
Do they regularly belittle your family, or friends? or try to convince you that they are not worthy in your life, or that they do not have the relationship you thought you had with them?			
Do they deliberately stay out with your children and not notify you of their time or day of return to cause you fear?			
Do they stop you from following your religion or cultural practices?			

