

Red Flag Indicator List

These indicators may suggest a relationship is becoming unhealthy or unsafe. This list is not exhaustive, but it can help you identify early warning signs.

1. Control

The other person tries to control your time, friendships, clothing, movements or choices.

2. Isolation

They create distance between you and your friends, family or support system.

3. Jealousy Disguised as Concern

They frequently accuse you of things without evidence or frame jealousy as a sign of love.

4. Rapid Intensity

The relationship becomes overly intense very quickly — love bombing, big promises or pressure to commit early.

5. Criticism and Put-Downs

They belittle your thoughts, appearance or achievements, often disguised as jokes.

6. Blame Shifting

They deny responsibility and make you feel at fault for their reactions or behaviour.

7. Anger or Outbursts

You feel you must walk on eggshells to avoid triggering their temper.

8. Disrespecting Boundaries

They ignore or push past your boundaries, whether emotional, physical or digital.

9. Monitoring Behaviour

They demand access to your phone, social media or location or insist on constant updates.

10. Guilt-Tripping

They make you feel guilty for saying no, wanting space or prioritising your needs.

11. Inconsistency

Their words and behaviours do not match — unpredictable affection, mood or communication.

12. Threats or Intimidation

Any form of threat, hint of violence or behaviour intended to create fear is a serious red flag.