

Dating Red Flags Checklist

Use this checklist to identify possible red flags in a prospective relationship

Your Name _____ Name of potential partner _____ Date _____

I. Projecting the Future:

1. _____ Would I want to spend the rest of my life with this person exactly as they are?
2. _____ Would I want this person to raise my child?
3. _____ Would I want my child to be exactly like this person?

II. Are You Talking Yourself Into a Relationship?

4. _____ Do I want to rescue or "help" them because I see their potential?
5. _____ I love the way they look or their status and it builds my self-esteem to be with them.
6. _____ We have some things in common and so I'm avoiding looking at glaring differences.
7. _____ They appear to be totally different than people I've been with in the past.
8. _____ I'm focusing on one important quality (money, sex, fun, humor, etc) and ignoring unmet requirements.

III. Danger Signs

9. _____ Reacts to frustration with anger, rage, blame
10. _____ Blames others or circumstances for life situation
11. _____ Tries to control everything, including me
12. _____ Immature, impulsive, and/or irresponsible
13. _____ Emotionally distant or void, aloof
14. _____ Still pining for a past relationship
15. _____ Wants me to make their sad life better
16. _____ Married or otherwise unavailable to commit to me
17. _____ Active addiction, addictive behavior (rationalized as "not a problem")

IV. Other Common Red Flags

18. _____ Is pessimistic and negative about things that matter to me
19. _____ Lacks integrity in dealing with people, money, etc.
20. _____ Judgmental attitude toward themselves & others
21. _____ Unwilling to self-examine, accept feedback, take responsibility
22. _____ Doesn't keep agreements
23. _____ What they say about themselves doesn't match reality
24. _____ Emotional roller coaster, recurring or regular emotional drama
25. _____ This isn't what I really want, but I don't want to be alone
26. _____ Changeable, inconsistent behavior
27. _____ Inability to listen
28. _____ I notice myself trying to change this person to fit what I want, instead of accepting them for who they are
29. _____ Talks too much (especially about self), monopolizes conversation
30. _____ Overly quiet, withdrawn

Results

- A. Total checked items from Section II, III, and IV _____
- B. Circle the checked items that need close attention, decision-making, or require more information.
- C. On a scale from 0 (Not at all) to 100 (Perfect fit) my minimum score for considering any relationship is _____
- D. Using the above scale I score this potential relationship _____
- E. Based upon the above results, I... should / shouldn't (circle one) proceed dating this potential partner.

Note: If it's clear you should not proceed dating this potential partner and you have any difficulty moving on, we strongly suggest showing this checklist to your best friend, close family member, therapist or coach and get the support you need to be The Chooser.