

# CONSCIOUS DATING – RED FLAGS CHECKLIST

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

Name \_\_\_\_\_ Name of Potential Partner \_\_\_\_\_

## I. PROJECTING THE FUTURE.

- |  |  |
|--|--|
| <input type="checkbox"/> 1 Would I want to spend the rest of my life with this person exactly as they are? | <input type="checkbox"/> 3 Would I want my child to be exactly like this person? |
| <input type="checkbox"/> 2 Would I want this person to raise my child?                                     |  |

## II. ARE YOU TALKING YOURSELF INTO A RELATIONSHIP

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

## III. DANGER SIGNS

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

## IV. OTHER COMMON RED FLAGS

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

## V. 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.