

# Red Flags:

## Disguised as Romantic Gestures

### ❖ Wanting to spend every moment together

- It can be exciting that this new person wants to spend every available minute together. However, keeping your independence and own friends early in a relationship can help you later if the relationship becomes unhealthy.

### ❖ Calling or texting constantly

- It can feel flattering that this new person wants to talk on the phone or text all day long. Be aware of the difference between friendly chats about your day & the person wanting to know where you are and who you are with all the time.

### ❖ Quick to profess love

- Having someone share those words early on in a relationship can be reassuring. Unfortunately, this can also be a way to solidify control in the relationship by speeding up attachment.

### ❖ Wanting to progress relationship quickly

- Similar to professing love early on, asking someone to move-in or get married quickly can actually be attempts to maintain control and diminish your independence.

### ❖ Expensive gifts & dates

- Generosity in a relationship is a good thing but in abusive relationships, the person might try to leverage the expensive gifts they have given you for more control.

Noticing one of these red flags in your relationship does not necessarily mean it will be abusive or that you should end it. The important thing to look for is a pattern. One of the best ways to determine if a relationship is healthy is to **take it slow**. The other person may be hurt that you don't want to move along as quickly as they do, but if they are respectful they will allow the relationship to grow and build trust over time. If the person responds to your desire to take things slowly with accusations, jealousy, or threats, this can serve as clear indicators that the relationship is unhealthy or abusive.