

30 Ultimate Relationship Red Flags

Signs You're headed for an Emotionally Damaging Relationship

Red flags are warning signs of what's yet to come. Some should be paid more close attention than others, but none should be ignored.

If you fail to pay attention to red flags you'll inevitably find yourself in way too deep with an emotionally damaging person and a relationship disaster which may take you years to recover from.

Here are **30 Ultimate Relationship Red Flags** that should never be ignored.

1. Even though you barely know him he's already making grandiose promises and over the top gestures that you'll notice will quickly start to decline.
2. He rushes you through the initial stages of healthy dating; everything seems to happen at breakneck speed.
3. He avidly talks about future plans promising you the moon and stars only it's nothing more than a fantasy because none of it ever actually happens.
4. The relationship quickly falls into a pattern of short bursts of intense passion and sexual chemistry followed by long spells of cold or lukewarm.
5. He fakes emotion and is insincere.
6. He withholds information from you instead choosing to drip feeding you what he wants you to know and what he thinks you can handle.
7. He has an uncanny knack for brushing over or avoiding altogether issues in the relationship, instead picking it up where he conveniently decides it left off.
8. He repeatedly goes MIA or radio silent for weeks and then out of the blue throws you a few "hey, how are you?" crumbs, followed by a list of lame excuses such as "I've been flat out at work."
9. He never initiates contact, is unavailable and/or is consistently slow to return contact on weekends.
10. He reacts negatively when you state your needs or enforce boundaries convincing you that you're being demanding or unreasonable.

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11. He always tries to paint himself in a better light by deflecting his bad behaviour and insisting that he's "...not that bad."
12. Early on he pushes your boundaries with a particularly outrageous behaviour to test what he can get away.
13. He consistency sends you mixed signals and then goes silent hoping that you'll take the hint and save him the responsibility of having a mature discussion as to whether he's emotionally available for a relationship or not.
14. He can sway between incredibly charming and being a complete user and/or emotionally/physically abusive or dangerous.
15. He triggers something in your gut that just doesn't feel right early on.
16. He consistently doesn't invest his resources (time, energy, attention, money) in you or the relationship and only ever has one foot, or toe in it (or nothing at all.)
17. He keeps you on the fringe of his life never introducing you to his friends or family and knowingly wastes your time.
18. He uses you to stroke his ego/for sex/money/a shoulder to cry on etc. and then drops you like a hot potato until you're needed again.
19. He's constantly moving the goal posts of the relationship and pulling the rug out from under you so you never know where you stand.
20. You regularly find yourself making excuses for his bad behaviour.
21. He gains power and control over you by dumping you regularly (or when you've stepped out of line) and then gives you a get out clause such as, *"If you don't like it you know where the door is."*
22. He knows that you're over invested in him, scared to leave, be alone or let him go etc., so he uses the threat of leaving knowing full well that it will cause maximum impact.
23. He passive aggressively obstructs your plans through resistance and throwing last minute spanners in the works, needing to go somewhere or do something before you go to dinner or need his help for example.
24. He promises to do something important in the relationship (like move in) and then comes up with every excuse in the book not to follow through.

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25. He regularly stands you up or cancels plans at the very last minute and doesn't reschedule.
26. He manages down your expectations of him by blowing hot, cold and lukewarm which conditions you into accepting his bad behaviour and limited scraps of attention.
27. He still regularly complains about his ex, talks about another woman and/or tells you he's not ready for a relationship.
28. He's prone to wallowing in negative talk and behaviours, and always has someone else to blame for his latest failures or shortcomings.
29. He's consistently inconsistent.
30. His favourite subject is himself. He talks about himself, his work etc., and shows little to no interest in your life, family, friends, etc.

This list is far from exhaustive there will be other red flags; maybe you've already come across a few of your own that aren't on the list.

Red flags are alarm bells going off in your own inner guidance system. In destructive relationships when we look back, the signs are always there.

They can't not be because people show us who they really are. How protected we are and whether we act depends on how present we are, how tight our boundaries are and what agreements we've made with ourselves as to what we'll tolerate according to what we believe we are worth.

We are always worthy of love.

But you won't love someone into treating you better, in fact the more you tolerate bad behaviour the worse it becomes because you're sending a message that says "I'm ok with accepting this." And that message is read loud and clear by someone who's ok with dishing it out.

[Dawn Lee](#) is a Personal, Professional and Spiritual intelligence coach™ with a passion for melding psychology and spirituality. Dawn's expertise is leading others out of personal and relationship crisis and into clarity to find happiness, peace, love and connection inside out. Her mission is to help shine a light of awareness in the world and connect others back to their happiest, truest, more fearless selves.

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