**CONSCIOUS DATING – RED FLAGS CHECKLIST**

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

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| **Name** |  | **Name of Potential Partner** |  |

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| **I. PROJECTING THE FUTURE.** | | | | | |
|  | **1** | Would I want to spend the rest of my life with this person exactly as they are? |  | **3** | Would I want my child to be exactly like this person? |
|  | **2** | Would I want this person to raise my child? |
| **II. ARE YOU TALKING YOURSELF INTO A RELATIONSHIP** | | | | | |
|  | **4** | Do I want to rescue or “help” them because I see their potential? |  | **7** | They appear to be totally different than people I’ve been with in the past. |
|  | **5** | I love the way they look or their status and it builds my self-esteem to be with them. |  | **8** | I’m focusing on one important quality (money, sex, fun, humor, etc) and ignoring unmet requirements. |
|  | **6** | We have some things in common and so I’m avoiding looking at glaring differences. |
| **III. DANGER SIGNS** | | | | | |
|  | **9** | Reacts to frustration with anger, rage, blame |  | **14** | Still pining for a past relationship |
|  | **10** | Blames others or circumstances for life situation |  | **15** | Wants me to make their sad life better |
|  | **11** | Tries to control everything, including me |  | **16** | Married or otherwise unavailable to commit to me |
|  | **12** | Immature, impulsive, and/or irresponsible |  | **17** | Active addiction, addictive behavior (rationalized as “not a problem”) |
|  | **13** | Emotionally distant or void, aloof |  |  |
| **IV. OTHER COMMON RED FLAGS** | | | | | |
|  | **18** | Is pessimistic and negative about things that matter to me |  | **25** | This isn’t what I really want, but I don’t want to be alone |
|  | **19** | Lacks integrity in dealing with people, money, etc. |  | **26** | Changeable, inconsistent behavior |
|  | **20** | Judgmental attitude toward themselves & others. |  | **27** | Inability to listen |
|  | **21** | Unwilling to self-examine, accept feedback, take responsibility |  | **28** | I notice myself trying to change this person to fit what I want, instead of accepting them for who they are |
|  | **22** | Doesn’t keep agreements |  | **29** | Talks too much (especially about self), monopolizes conversation |
|  | **23** | What they say about themselves doesn’t match reality |  | **30** | Overly quiet, withdrawn |
|  | **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. | | | | | |