

# RED FLAGS IN RELATIONSHIPS

## DO YOU:



apologize all the time



willingly accept the blame for everything that goes wrong in your relationship



“walk on egg shells”, watching every word you say



rehearse what you will say to your partner so you won't set him off



cry more than you used to



repress your feelings, especially your anger



constantly try to figure out how to get your partner's approval



twist yourself into a pretzel trying to suit his ever-changing demands



give up interests, activities, and people that were once important to you



hold yourself back in your educational or vocational advancement



constantly excuse your partner's behavior to yourself or others



let yourself go physically--gain or lose a great deal of weight,  
pay less attention to your personal appearance



find excuses not to leave the house

**IF YOU ANSWERED *YES* TO EVEN ONE QUESTION, YOU  
COULD BE IN DANGER.**