

## Appendix P

# Signs of a Bad Dating Choice

Signs of a bad dating choice include someone who:

- Doesn't respect your need for time alone
- Pushes to see you all the time
- Discourages your outside interests, family, and friends
- Asks you to do things you are uncomfortable doing (e.g., lying, lending him money, sex, etc.)
- Uses drugs (any kind of drug use should be a red flag)
- Uses alcohol too frequently and/or abundantly
- Is frequently unemployed (except while in school)
- Changes jobs frequently or is frequently fired or dismissed but always explains it away
- Wants to control your hair, dress, behavior, friends, job, or how you express your spirituality
- Wants you to quit or change jobs or friends for him
- Has had multiple unsuccessful relationships

### Signs of a Bad Dating Choice

- Has had any sexually transmitted diseases, currently or in the past
- Has a reputation for lying
- Conceals important information about himself that you only discover later
- Is physically, emotionally, verbally, or sexually “rough” or “weird”
- Is too charming, has all the right lines, comes across as excessively smooth

The above material was adapted from Sandra L. Brown, *How to Spot a Dangerous Man before You Get Involved* (Alameda, CA: Hunter House Inc., 2005), 205–6.