

Appendix O

Red Flags

Watch for the following red flags when you are considering an intimate relationship.

Physical Red Flags

- Flash of fear
- Sweating
- Tight stomach/tight jaw
- Pounding heart
- Hair standing up on the neck
- General feeling of discomfort

Spiritual Red Flags

- “Knowing” or “sensing” this isn’t the person for you or the place for you to be in
- Knowing these things without any overt knowledge or concrete information

Mental and Emotional Red Flags

- From an emotional perspective, swinging wildly all over the place
- Friends telling you that you are different in a negative way
- Being more anxious than normal
- Feeling melancholy without knowing why
- Feeling confused about the relationship
- Feeling a general unease without knowing why
- Having difficulty sleeping, eating, or concentrating
- Abandoning normal activities for him or for the promise of him
- Having acquired some of his bad habits
- Thinking about things that are not reflective of reality

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), 33–35.