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Red Flags in Your Relationships

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Are you wondering if your relationship is toxic or if your partner has narcissistic traits?

Perhaps your partner is unavailable, or your support system has mentioned that they have some concerns. I have compiled a checklist of common red flags in relationships. It is important to note that while this checklist may confirm what you are experiencing in your relationship, it is not meant to diagnose someone with a mental disorder or personality disorder.



Take the inventory below. If your relationship meets the requirements of 10 or more of these traits, it's highly likely that your relationship is toxic.

1.	There is an established routine pattern of overly giving and sacrificing while getting nothing in return.	
2.	You support your partner, but your partner rarely supports you.	
3.	In the beginning of the relationship, your partner professed their undying love for you and promised that they would create a life of endless bliss with you.	
4.	Frequently ghosts you.	
5.	Turns others against you by smearing your name behind your back.	
6.	Your partner rushed intimacy or rushed you to make a commitment.	
7.	Believes that others should adhere to rules, but that the rules do not apply to them.	
8.	Believes that they are exceptional and should only associate with exceptional people.	
9.	Does not have any friends or close relationships.	
10.	Only attempts to connect with others for their personal benefit.	
11.	Attempts to control you.	
12.	Will frequently invite others to back them up in their arguments against you.	
13.	Lacks empathy.	
14.	Frequently expresses rage.	
15.	Paranoid or extremely jealous.	

16.	Portrays themselves to be either the victim or rescuer in all of their previous relationships.	
17.	You are unable to discuss problems in the relationship with your or you constantly walk on eggshells.	
18.	Lies constantly, even about minor things.	
19.	Isolates you from your friends and family.	
20.	Manipulates arguments and discussions by changing the topic during conversations, blaming you for everything, or twisting your words.	
21.	Ruins special days or holidays by drawing negative attention to themselves.	
22.	Emotionally unavailable to meet your needs.	
23.	Your partner is a serial cheater and does not care how their betrayals impact you.	
24.	Takes things you have told them in confidence and uses it against you.	
25.	Controls finances even when they don't financially contribute.	
26.	Does not respect boundaries.	
27.	Views you as an extension of themselves or their personal possession which they control.	
28.	Talks poorly about and degrades others (and you) behind their backs.	
29.	Doesn't acknowledge your needs, accomplishments, or contributions.	
30.	People who they no longer have a relationship with are deemed as "crazy" or talked about in a condescending manner.	
31.	Your partner engages in a high amount of conflict.	
Total		



This guide was created to help get you started on your journey to healing from toxicity. Please note, it is not meant to be comprehensive or used in the place of therapy.

If you are ready to heal from your toxicity and would like to work with me, please fill out the contact me form here to see how I can help! If you think someone else could benefit from this, please don't hesitate to refer them to www.drnataliejones.com

Best,
Dr. Natalie Jones, PsyD, LPCC