

✔️ | Green & Red Flags Checklist

A simple guide to spot what's healthy and what's not in early dating.

When you're excited about someone new, it's easy to overlook red flags - or second-guess green ones. This clear guide helps you get grounded in what matters: emotional safety, mutual respect, and compatibility.

It's not about judging people, but about recognising patterns early and choosing what feels good and healthy for you.

✔️ Green Flags – Signs of Healthy Dating:

- They communicate openly and honestly (even when it's awkward).
- Your nervous system feels calm around them – not constantly on edge.
- They respect your time, energy, and boundaries.
- They're consistent in their words and actions (you don't feel confused).
- They take responsibility for their own emotions and behaviours.

🚩 Red Flags – Signs to Pause or Reflect:

- They're hot-and-cold or love-bomb early, then pull away.
- They make you feel like your needs are “too much” or inconvenient.
- You feel like you're always the one initiating or fixing things.
- They avoid hard conversations or blame others for everything.
- You start questioning your own reality or instincts when you're with them.

Final Note:

Nobody's perfect, but patterns matter. Use this guide as a quick check-in with yourself. Does this connection feel mutual, respectful, and emotionally safe?

If not... it's okay to walk away.