

Things to look for in a relationship

Skills fights fair	Appreciation	Acceptance	Green flag keeps promises	Red flag isolation
Obstacles being critical	Forgiveness	Skills active listening	Red flag abuses substances	Boundaries
Red flag intimidates	Shared Decision making	FREE	Skills uses I statement	Commitment
Positive Self-esteem	Look 4 encourage indiv.	Similar values	Financial stability	Look 4 financial stability
Red flag self centered	Look 4 maintain friendships	Red flag destructive	Look 4 positive outlook	Respect

Things to look for in a relationship

Red flag guilt tripping	Honesty	Shared Decision making	Look 4 express anger approp	Green flag xpresses feeling
Obstacles: not xpres feelings	Look 4 financial stability	Green flag sincere	Effort	Equality
Patience	Obstacles being critical	FREE	Look 4 takes care of self	Co-operation
Similar values	Red flag jealous	Look 4 encourage indiv.	Look 4 express feelings	Skills active listening
Boundaries	Skills uses I statement	Skills able to apologise	Balanced giving & receiving	Positive Self-esteem

Things to look for in a relationship

Red flag isolation	Obstacles: not express feelings	Co-operation	Look 4 express anger approp	Patience
Similar values	Look 4 financial stability	Obstacles defensiveness	Forgiveness	Green flag negotiates
Red flag blaming	Skills uses I statement	FREE	Red flag misuses power	Red flag intimidates
Red flag abuses substances	Red flag self centered	Effort	Fight Fair	Red flag breaks promises
Obstacles being critical	Red flag destructive	Obstacles: tks self 2 serious	Appreciation	Look 4 encourage indiv.