

# Are They a **Red** or **Green** Flag Person???

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## Red Flags

- Lacks goals/No plan for the future
- Only talks about themselves; Doesn't ask thoughtful questions
  - Makes you feel unsafe or unheard
- Tempts you to be near the wrong people, places, or things
  - Negates or minimizes feelings of self or others
- Doesn't follow through on stated intentions: inconsistent
- Makes you feel you have to guard or hide your true self
  - Asks for or expects unreasonable things of you
- Has a sense of humor that makes you feel uncomfortable
- Spends their free time in ways that threaten your goals
  - Causes you to justify their negative behaviors
- Has an entitled attitude and doesn't equally contribute
- Fails to treasure who you are and what you bring to the table

## Green Flags

- Demonstrates personal responsibility and is self-sufficient
  - Has a general plan in life/Basic goals
    - Respectful of others' differences
    - Honest and adequately vulnerable
    - Values who you are in the present
- Opens your eyes to parts of yourself you didn't know
  - Inspires you to be a better person
  - Seeks to make your life easier and is supportive
- Stretches you outside of your comfort zone in healthy ways
- Is fascinated by you and actively seeks to know you more
  - Has compatible passions, goals, and hobbies
  - Has healthy long-standing friendships and family ties
    - Shows empathy & communicates appropriately
      - Respectful of your time and boundaries
      - Makes you feel calm, safe, & balanced

Are YOU a **green flag** person? What might you work on to improve?