

# RED FLAGS IN A MARRIAGE

## 1. Lack of Emotional Support or Empathy

- He dismisses your feelings, tells you that you are too sensitive, or says to "get over it."
- You're made to feel dramatic, sensitive, or irrational for expressing needs or emotions.

## 2. Financial Secrecy or Control

- He hides spending or gets defensive about money.
- He controls your access to money or makes all financial decisions without your input.

## 3. Disrespect for Your Boundaries

- He pushes your physical, emotional, or personal boundaries, even after you've clearly stated them.
- He makes you feel guilty for needing space, independence, or time alone.

## 4. Avoidance of Responsibility

- He blames others (including you) for his mistakes.
- He doesn't follow through on promises or commitments, especially around shared responsibilities.

## 5. Poor Communication

- Arguments often turn into yelling, stonewalling, or silent treatment.
- He refuses to talk about important issues like children, money, or future goals.

## 6. Disrespect Toward Women

- He makes sexist jokes, criticizes women, or treats female friends/family dismissively.
- He has a pattern of disrespecting women in general (including exes).
- He has double standards, applying different sets of principles unfairly toward you.

## 7. Different Views on Big Life Issues

- You're not aligned on having children, religion, lifestyle, or values—and he's unwilling to compromise or discuss.
- He shuts down conversations around long-term planning.

## 8. Controlling or Possessive Behavior

- He wants to know where you are all the time, who you're with, or what you're doing.
- He tells you what to wear and how to do your hair.
- He discourages you from seeing family and friends or tries to isolate you emotionally.

## 9. Lack of Accountability or Personal Growth

- He shows no effort to improve himself or work on the relationship.
- He always thinks he's right and won't acknowledge when he's wrong.
- He makes a lot of empty promises and has plenty of excuses why the promises were not kept.

## 10. Manipulation or Guilt-Tripping

- He uses guilt to get his way or make you doubt your feelings.
- You often feel confused or like you're walking on eggshells.

## 11. Physical Aggression

### ◆ Direct Physical Violence

- Hitting, slapping, punching, or kicking
- Pushing or shoving
- Grabbing your arms, hair, or clothing aggressively
- Choking or strangling
- Throwing objects at you
- Using weapons or threatening to use them (knives, household items, etc.)

### ◆ Coercive or Controlling Physical Acts

- Blocking doorways to prevent you from leaving
- Physically restraining you during an argument
- Driving recklessly to scare or intimidate you
- Destroying your belongings in front of you
- Yanking your phone or possessions out of your hands

### ◆ Sexualized Physical Aggression

- Forcing or pressuring you into sexual acts against your will
- Using physical force during sex without consent
- Touching you in ways that hurt or degrade you, even if disguised as "passion"

### ◆ Physical Intimidation Without Direct Contact

- Punching walls, slamming doors, or breaking things to scare you
- Towering over you or using their size to intimidate
- Making threatening gestures (e.g. raising a fist, mimicking hitting you)
- Refusing to allow you to leave

If you checked a lot of boxes in nr. 11 - please do not confront your partner directly about these issues. Find a therapist or a confidant who can help you find a safe way to leave, especially if there are children involved.

