

Name _____

How to Recognize and Address Red Flags in Relationships

Short Answer Key

1. Red flags are behaviors, actions, or patterns in a relationship that signal potential issues or problems. They are important to recognize because they serve as warning signs, indicating that something might not be right. Addressing them early can help prevent larger problems in the future.
2. Communication is crucial because it allows individuals to share their concerns, feelings, and perspectives openly and honestly. It helps in understanding the root of the issues and finding solutions collaboratively.
3. Setting boundaries helps by clearly defining what is acceptable in the relationship. It prevents behaviors or actions that may be causing red flags, establishing mutual respect and understanding.
4. It is advisable to seek professional help when red flags involve severe issues such as abuse, and when attempts to address the issues on one's own are unsuccessful or when the issues feel overwhelming.
5. It is important to evaluate the relationship to determine if it is healthy and in one's best interest to continue. Factors to consider include whether the red flags persist despite efforts to address them, and whether the relationship promotes respect, safety, and well-being.

