

Relationship Warning Signs

Because we assume that other people think like we do, we are at risk of missing some critical warning signs. Sadly, these days it's important not give others the benefit of the doubt **unless they have earned it**. You need be able to identify the "Red Flags" and "Yellow Flags" of those who lie, cheat, and steal, and worse, without regard for anyone else, as well as the "tactics," behaviors, or strategies that others may use to "get to you," hurt you and take what is yours.

Red Flags

1. They see the world through a lens of arrogant entitlement and frequently treat people as targets.
2. They lack empathy.
3. They are incapable of feeling remorse/guilt and don't learn from situation to situation.
4. They are irresponsible, self-destructive, and disregard the well-being of others.
5. They thrive on drama and crisis.
6. They brag about outsmarting other people.
7. They have a pattern of short-term relationships.
8. They live in a fantasy world marked by delusion.

Yellow Flags

1. They infiltrate your life, seducing with promises and flattery.
2. Defines you as a conspiratorial confidant.
3. They are way too focused on getting your approval – as though their very existence depends on you accepting them.
4. They are always gathering data and "building a file" on you. Everything they do, every interaction, is for a purpose.
5. They consistently misdirect and maintain a mystery about who they really are; they answer questions that weren't asked; they obfuscate.
6. When confronted with problems, they always blame others.
7. They lie, either by misstatement or by omission; they understand that lies with a kernel of truth are the most powerful.
8. They are frauds; they cheat, and they steal property, information, and credit for other people's work and claim false competencies to gain trust and reliance.
9. They isolate their victims and foster dependency to obligate you and gain leverage and power.
10. When in a position of power and authority, they abuse it with self-dealing and egomaniacal conduct.
11. They ID your sensitivities and hot buttons to gain leverage.
12. They have "selective memory" and are revisionist historians; they reframe reality.
13. They are two-faced; they spread lies and gossip – pretending to be your friend and ally to give you a false sense of security while being disloyal.
14. Because they are paranoid, they "get you" before you "get them".
15. They are masters of passive-aggressive sabotage.

Adapted from: "Life Code: New Rules for the Real World" by Dr. Phil McGraw (2012)