

Dating Red Flag Checklist

A five-minute check-in after a date. Record behavior before interpreting it.

Date / person or initials

Check what you observed. Leave uncertain items blank and note what is missing.

- ☐ Kept pushing after I said no or asked to slow down.
- ☐ Pressured me for access to my phone, location, money, or private information.
- ☐ Mocked, threatened, insulted, or frightened me.
- ☐ Tried to limit my time with friends, family, or independent plans.
- ☐ Repeatedly said one thing and did another.
- ☐ Avoided a specific concern by blaming or attacking me.

What happened? Exact words, actions, and context. Mark approximate quotes.

What is still unclear? What boundary or next step do I want?

Warning sign, mismatch, or not enough information?

Warning sign: pressure, intimidation, or disregard for a boundary.

Mismatch: different goals or preferences, without pressure or mistreatment.

Not enough information: a question to clarify, not a conclusion to force.

You do not need a repeated pattern to take threats or violence seriously.

For reflection and personal recordkeeping. No score, diagnosis, or guaranteed outcome.

redflagarchive.com | Type in the fields or print and complete by hand.