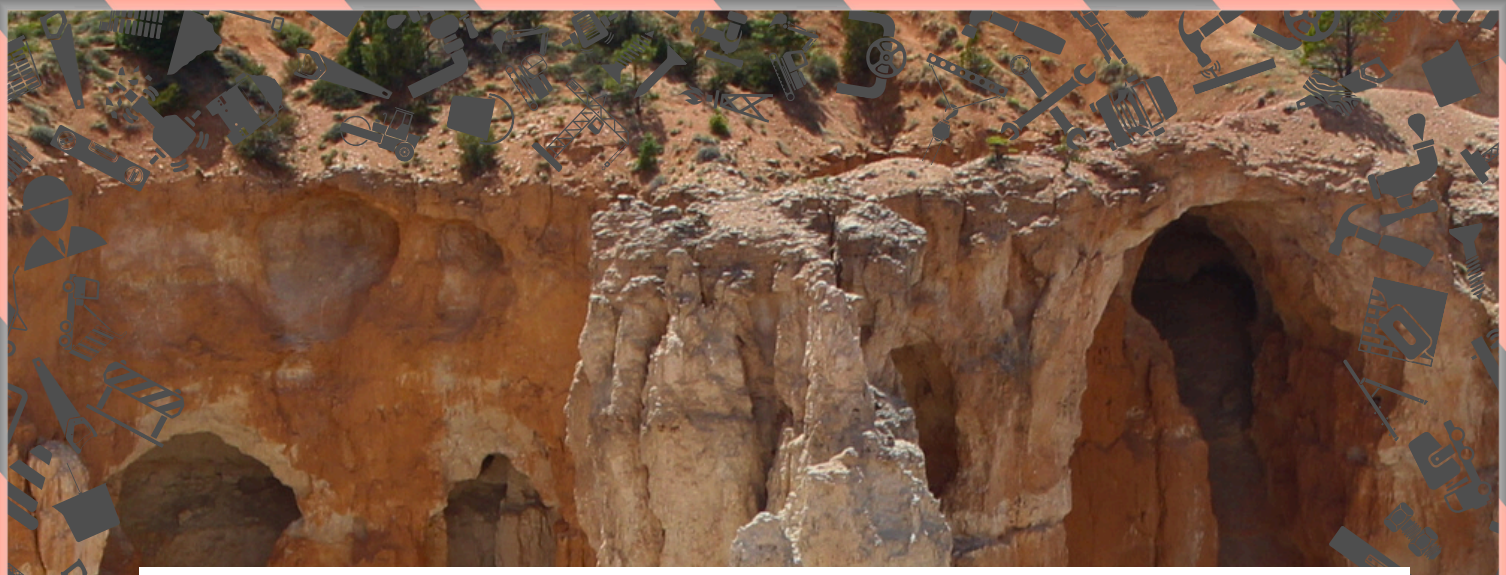


50 Red Flags You May Have Missed



50 Signs

- ☐ Love bombing - excessive attention, gifts, or affection too early
- ☐ Wants to move the relationship forward extremely quickly
- ☐ Isolates you from friends and family gradually
- ☐ Makes negative comments about your loved ones
- ☐ Controls or criticizes your appearance, clothing, or makeup
- ☐ Shows extreme jealousy over normal social interactions
- ☐ Monitors your phone, social media, or whereabouts
- ☐ Makes you feel "crazy" for having normal emotional reactions
- ☐ Has a history of turbulent past relationships (always the "victim")
- ☐ Refuses to take responsibility for their mistakes
- ☐ Uses guilt trips to get their way
- ☐ Interrupts or talks over you consistently
- ☐ Makes decisions for you without asking your opinion
- ☐ Shows little empathy when you're upset or hurt
- ☐ Has explosive anger over minor inconveniences
- ☐ Criticizes your goals, dreams, or ambitions
- ☐ Compares you unfavorably to others
- ☐ Uses your insecurities against you
- ☐ Pressures you for physical intimacy
- ☐ Doesn't respect your boundaries when you say "no"
- ☐ Makes jokes at your expense in front of others
- ☐ Dismisses your feelings as "overreacting" or "too sensitive"
- ☐ Has double standards (rules for you don't apply to them)
- ☐ Lies about small, unnecessary things
- ☐ Shows up uninvited or unannounced frequently

If you checked 5+ boxes, you may be in or have been in a narcissistic relationship. You deserve better.

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Escalation Signs

- ☐ Uses silent treatment as punishment
- ☐ Controls finances or monitors your spending
- ☐ Threatens to leave during arguments to manipulate you
- ☐ Gaslights your memories ("that never happened")
- ☐ Sabotages important events, holidays, or celebrations
- ☐ Withholds affection as a form of control
- ☐ Makes threats (subtle or direct) when angry
- ☐ Destroys your personal belongings during fights
- ☐ Uses your children as pawns or threatens custody
- ☐ Prevents you from working or sabotages your career
- ☐ Isolates you completely from support systems
- ☐ Monitors all your communications and activities
- ☐ Uses intimate information against you publicly
- ☐ Alternates between extreme cruelty and excessive kindness
- ☐ Makes you walk on eggshells to avoid their anger
- ☐ Blames you for their abusive behavior
- ☐ Uses substances to excuse their treatment of you
- ☐ Threatens self-harm to manipulate your decisions
- ☐ Forces unwanted physical intimacy
- ☐ Stalks or follows you when you try to leave
- ☐ Involves others in harassing or intimidating you
- ☐ Refuses to let you sleep, eat, or have basic needs met
- ☐ Makes you account for every minute of your time
- ☐ Uses your mental health struggles against you
- ☐ Escalates abuse when you're pregnant, sick, or vulnerable

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