

# My Red Flags List

Fill out and share with one or two people you trust

Written by: \_\_\_\_\_ Date: \_\_\_\_\_ For: \_\_\_\_\_

## PART 1 — WHAT TO LOOK FOR IN MY BEHAVIOR

Specific, observable things that show up when I'm heading toward a hard period. Be as concrete as you can.

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## PART 2 — HOW TO BRING IT UP (THE EXACT WORDS I WANT YOU TO USE)

Write a simple two-sentence check-in. One observation, one question. No history, no accusations.

*Example: "Hey, I noticed you've been quieter this week. How are you doing?"*

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## PART 3 — WHAT NOT TO SAY (LANGUAGE THAT SHUTS ME DOWN)

Specific phrases, comparisons, or approaches that make it harder for me to stay in the conversation.

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## PART 4 — WHAT I WANT TO HAPPEN WHEN YOU SEE SOMETHING

Give them a concrete next step so they are not improvising in a hard moment.

**FIRST — call or text:**  
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\_\_\_\_\_

**IF I DON'T RESPOND — then:**  
\_\_\_\_\_  
\_\_\_\_\_

## PART 5 — ONE THING I WANT YOU TO KNOW

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