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# **Common Red Flags You Should Pay Attention To In A Relationship**





Every relationship is expected to bring a measure of peace and companionship to the partners involved. Connection with that special person is something many people crave. Unfortunately, not everyone in a relationship can say they have a partner who makes them feel wanted. Red flags partners might exhibit in a relationship are a common topic around romantic love.

Red flags are warning signs that a person might act in a toxic or manipulative way, which is unhealthy for their partner and the relationship. Some people unconsciously accept red flags in a relationship and open themselves up to possible physical, emotional, and verbal abuse.

It is important to be able to detect red flags early on in a relationship so you can address them as a couple and build a healthier connection.

Here are some common red flags you should be on the lookout for in a relationship:

- **Trust Issues:** Being in a relationship with someone who has trust issues can sometimes be a problem. Some partners deal with trust issues and take it out on their partner and the relationship. They second-guess everything their partner tells them and can blow little things out of proportion without ascertaining the truth. This is certainly a red flag that you want to address with your partner.
- **Overly Controlling Behavior:** Controlling behavior in a relationship includes trying to limit where you go, who you see, and what you do. When a partner is excessively controlling, they enforce their opinions even on critical things like your finances and career. Control freaks often try to know where you are at all times, as well as account passwords, transaction history, and more. This behavior often starts out gradually, and they justify their actions with arguments like accountability and care.
- **Anger Management Problems:** As dangerous as anger issues can be, many people live with them without resolving them. They lack emotional regulation, which can cause their partners to often feel unsafe around them. They overreact to issues and may end up hitting their partners. The inability to manage anger is a red flag that should be discussed and addressed.
- **Narcissism:** Narcissistic individuals go through life thinking they should be the center of attention. They are self-obsessed and have a misplaced sense of self-importance. This type of person can be difficult to be in a relationship with, as they only care about their ego. People who have been emotionally involved with



narcissistic individuals usually end up traumatized. Narcissism is a mental disorder that requires therapy to treat.

- **Extreme Jealousy:** Jealousy is a feeling that might come up once in a while when you feel your partner is spending too much time with other people. However, some partners take jealousy to the extreme. They are jealous of every external connection their partner makes (even when it is platonic) and often allow this to cloud their judgment. This can become exhausting for the other partner in the relationship
- **Critical Behavior and Lack of Appreciation:** A partner not appreciating your efforts in a relationship is a serious red flag. Everyone wants to feel loved and appreciated, and getting the opposite can be quite demoralizing.
- **Gaslighting:** Gaslighting involves emotionally manipulating people, and it is a clear red flag in any relationship. Partners experiencing gaslighting often question their sanity and judgment. The abusive partner makes them feel guilty, even for issues where they are clearly right.
- **Extreme Rigidity:** One of the main hallmarks of a relationship is the ability to compromise. Some individuals are usually too stubborn to give up their views and positions. The other partner makes the compromises, and over time, they feel lonely and constrained in the relationship.
- **Inconsistency:** Many people with inconsistent partners often feel starved of love. A partner can be inconsistent in their words or actions. This is often hurtful to the partner who is trying their best to make the relationship work. Inconsistency in your partner's actions might indicate a lack of interest in the relationship or something else. Whatever it is, it is a red flag, and you should discuss it with your partner.
- **Abuse of Any Kind:** Physical, emotional, and verbal abuse are red flags and should not be tolerated in any way. Verbal and emotional abuse involves extreme criticisms and put-downs aimed at chipping away at your confidence and self-esteem. Physical abuse is just as dangerous and can be life-threatening, having led to the deaths of many people who were too afraid to leave or speak up.

There are many more red flags people in relationships must be on the lookout for, particularly for their overall well-being. Some red flags are not as serious as others and can often be managed by both partners. However, some are obvious



deal-breakers and need therapy and counseling to resolve.

Seeking professional help for your relationship can be important when you want to save it. We at [Becoming Well](#) have the experience and insight to help you unravel the underlying issues and help you move forward with your partner. The most important thing is for both you and your partner to be willing to make your relationship work again.

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# TO SET UP A CONSULTATION

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