



ROMANCE SCAM RED FLAGS CHECKLIST





Romance Scam Red Flags Checklist

Your Quick-Reference Guide to Staying Safe in Online Dating

A Note Before You Begin

If you're here, you're already doing the right thing—being cautious and informed. That doesn't mean you're cynical or untrusting. It means you're protecting your heart while staying open to real love. This checklist is your friend in that journey.

How to use this: Review these red flags when chatting with someone new online. Even 2-3 checks mean you should proceed with extreme caution. Five or more? It's time to walk away.



Communication Pattern Red Flags

Intensity & Speed

- [] **Instant deep connection** - They say "I love you" or talk about a future together within days or weeks
- [] **Constant communication** - They text/message excessively and get upset if you don't respond immediately
- [] **Love bombing** - Overwhelming compliments, calling you their "soulmate" before really knowing you
- [] **Mirror effect** - They share all your interests, values, and dreams (almost too perfectly)

Conversation Control

- [] **Avoids video calls** - Always has excuses why they can't video chat (broken camera, bad connection, shy)
 - [] **Vague personal details** - Stories about their life are inconsistent or lack specific details
 - [] **Deflects questions** - Changes subject when you ask about verifiable details
 - [] **Scripted responses** - Messages feel rehearsed or generic, could apply to anyone
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Profile & Identity Red Flags

Their Online Presence

- [] **Too-good photos** - Pictures look like model shots or stock photos
- [] **Limited photos** - Only 1-3 photos, or photos that look inconsistent (different ages, backgrounds)
- [] **New or empty profile** - Recently created account with minimal information
- [] **No social media presence** - Claims to have no Facebook, Instagram, or other profiles (or profile is very new/sparse)

Verification Issues

- [] **Won't verify identity** - Refuses simple verification like holding up a sign with today's date
 - [] **Stolen photos** - Reverse image search reveals their photos belong to someone else
 - [] **Different names** - Inconsistencies in the name they use across platforms
 - [] **Suspicious location** - Claims to be local but small details don't match (doesn't know basic landmarks)
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Circumstance & Story Red Flags

Their Life Situation

- [] **Working overseas** - Claims to be military, oil rig worker, doctor abroad, or engineer on international project
- [] **Tragic backstory** - Recently widowed, sick child, struggling with debt (designed to pull at your heartstrings)
- [] **Isolated** - Says they have no family or friends to turn to
- [] **Complicated access to money** - Their funds are "tied up" or they can't access their accounts

Requests & Pressure

- [] **Money requests** - ANY request for money, gift cards, or financial help (biggest red flag!)
 - [] **Emergency urgency** - Sudden crisis requiring immediate financial help
 - [] **Investment opportunities** - Wants to teach you about crypto or get rich quick schemes
 - [] **Package/shipping requests** - Asks you to receive packages or forward items
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Behavioral Red Flags

Emotional Manipulation

- [] **Guilt trips** - Makes you feel bad for doubting them or not helping
- [] **Isolation tactics** - Discourages you from talking to friends/family about them
- [] **Hot and cold** - Alternates between intense affection and withdrawal
- [] **Victim mentality** - Always in crisis, always needing rescue

Boundary Issues

- [] **Pushes for private communication** - Wants to move off the dating app to email or WhatsApp immediately
 - [] **Secret relationship** - Asks you to keep your relationship private
 - [] **Resists meeting** - Always has reasons why meeting in person keeps getting delayed
 - [] **Professional grammar issues** - Inconsistent language use, switching between perfect and poor English
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Your Safety Score

Count your checks:

- **0-1 flags:** Proceed cautiously but this person may be genuine
 - **2-3 flags:** Significant concern—verify their identity before continuing
 - **4-5 flags:** High probability of a scam—strongly consider ending contact
 - **6+ flags:** Almost certainly a scammer—protect yourself and disengage
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What To Do If You Spotted Red Flags

Don't Panic, Do This:

1. **Stop all financial discussions** - Never send money, gift cards, or provide financial information
2. **Verify their identity** - Do reverse image searches, ask for video verification, check their story details
3. **Talk to someone** - Share your concerns with a trusted friend or family member
4. **Document everything** - Save conversations, screenshots, and any evidence
5. **Report them** - Report their profile on the dating platform and to relevant authorities

Remember:

- Real love doesn't rush
 - Real love doesn't require money
 - Real love can be verified
 - You deserve someone who respects your boundaries
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Want to Go Deeper?

This checklist gives you the essentials, but romance scammers are sophisticated. They're constantly evolving their tactics, and knowing the psychology behind why these scams work can help you stay even safer.

[In our comprehensive guides](#), you'll discover:

- The psychological tactics scammers use and why they're so effective
- How to conduct thorough background verification (beyond basic searches)
- Real conversation examples with expert analysis
- Recovery strategies if you've already been targeted
- How to rebuild trust and date safely after a scam experience

Because you deserve to find real love without fear.

Stay Safe, Stay Open-Hearted

ScamProof Love - Protecting Your Heart While Finding Real Connection

Quick Action Item

Print this checklist or save it to your phone. Reference it when you're chatting with someone new and your gut tells you something feels off. Your intuition plus this checklist = powerful protection.

Trust your instincts. They're usually right.



