



Early Dating Red Flags Checklist

Important note: One red flag alone may not always mean someone is abusive. However, repeated patterns of control, fear, pressure, manipulation, disrespect or intimidation should never be ignored.

Quick reflection

Use the boxes to mark anything you have noticed. This checklist is not a diagnosis or legal assessment. It is a safety-awareness tool.

■ Love Bombing & Moving Too Fast

■	Excessive compliments very early.
■	Talking about marriage, babies, moving in or being soulmates immediately.
■	Wanting constant contact all day and becoming upset if you are busy.
■	Over-the-top gifts, promises or intense affection before trust has developed.
■	Saying things like 'I've never felt this way before' within days or weeks.
■	Trying to rush commitment before you feel ready.

■ Control & Possessiveness

■	Asking for passwords, access to your phone or your private messages.
■	Monitoring your location, social media, followers or who likes your posts.
■	Becoming upset when you spend time with friends, family or co-workers.
■	Telling you what to wear, post, delete or change about yourself.
■	Expecting immediate replies and treating delayed replies as disrespect.
■	Calling jealousy 'love' or saying they only control you because they care.



■ Emotional Manipulation & Gaslighting

■	Making you question your memory, judgement or reality.
■	Telling you that you are 'too sensitive', dramatic, crazy or overreacting.
■	Twisting arguments so their behaviour becomes your fault.
■	Denying things they clearly said or did.
■	Apologising without changing the behaviour.
■	Leaving you feeling confused, guilty or emotionally drained after conversations.

■ Anger, Intimidation & Fear

■	Sudden yelling, explosive reactions or aggressive body language.
■	Punching walls, slamming doors, throwing objects or damaging belongings.
■	Aggressive driving, road rage or driving in a way that scares you.
■	Using silence, withdrawal or disappearing as punishment.
■	Making you feel nervous about upsetting them.
■	Saying others 'made them angry' instead of taking responsibility.

■ Isolation Tactics

■	Complaining about your friends or family constantly.
■	Making you feel guilty for socialising or having independence.
■	Encouraging you to spend less time with loved ones.
■	Creating drama before events so you cancel plans.
■	Wanting you all to themselves and calling it romantic.
■	Making you feel like no one else understands you except them.



Financial & Lifestyle Control

■	Pressuring you for money, loans, gifts or financial help early.
■	Becoming angry about your independence, work, study or goals.
■	Discouraging employment, education or personal dreams.
■	Controlling or judging your spending decisions.
■	Tracking or questioning purchases.
■	Making you feel selfish for spending money on yourself.

Boundary Violations

■	Ignoring your boundaries or pushing after you have said no.
■	Not accepting 'no' as a complete answer.
■	Pressuring intimacy, sexual activity or private photos.
■	Showing up uninvited or refusing to leave.
■	Continuing behaviours after being asked to stop.
■	Making you feel guilty for needing space, rest or privacy.

Disrespect, Put-Downs & Humiliation

■	Criticising your appearance, parenting, beliefs, intelligence or past.
■	Mocking you and then saying it was 'just a joke'.
■	Embarrassing you in front of others.
■	Comparing you to ex-partners or other people.
■	Using your insecurities, trauma or private information against you.
■	Making you feel smaller instead of supported.



■ Sexual Pressure & Consent Red Flags

■	Pressuring you to move faster than you want.
■	Sulking, guilt-tripping or becoming angry when you say no.
■	Ignoring your comfort, boundaries or hesitation.
■	Using alcohol, fear, pressure or persistence to get what they want.
■	Expecting sexual access because you are dating.
■	Making you feel like you owe them intimacy.

■ Physical Aggression or Threats

■	Grabbing your arm tightly or restraining you during an argument.
■	Pushing or showing you, even if they later call it a joke or an accident.
■	Blocking doorways or preventing you from leaving a room when you want to.
■	Pinching, grabbing, or physically handling you in ways that feel uncomfortable.
■	Threatening Gestures like raising a fist or pretending they're going to hit.
■	"Accidentally" hurting you, like "playful" hits that leave marks or and pain.

■ High-Risk Warning Signs

■	Threats of violence, self-harm or suicide to control your choices.
■	Stalking, tracking or repeatedly showing up where you are.
■	Threatening pets, children, family members or loved ones.
■	Damaging property during arguments.
■	Threatening to expose private photos, messages or information.
■	Making you feel unsafe leaving the relationship.



Foundations Of A Respectful Relationship

■ Healthy Relationship Foundations

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| ■ | Respecting your boundaries and accepting “no” without pressure |
| ■ | Communicating openly and kindly |
| ■ | Celebrating your independence and goals |
| ■ | Supporting each other’s friendships and family connections |
| ■ | Resolving disagreements calmly and respectfully |
| ■ | Showing empathy and care for each other’s feelings |



Support & Safety Contacts

If you are in immediate danger, call 000.

1800RESPECT 24/7 - 1800 737 732

Safe Steps Victoria 24/7 - 1800 015 188

Lifeline 24/7 - 13 11 14

Beyond Blue 24/7 - 1300 22 46 36

Orange Door - 1300 475 170

Kids Helpline 24/7 - 1800 55 1800

MensLine Australia 24/7 - 1300 78 99 78

Suicide Call Back Service 24/7 - 1300 659

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Shiloh Haven

Email: shilohhavenco@gmail.com Website: shilohhaven.org

You deserve safety, respect and peace.

Healthy love does not require you to lose yourself. You are allowed to have boundaries, independence, friendships, privacy and a voice.