

Red Flag Checklist: Was It Toxic?

- They made you feel guilty for expressing your needs
- You walked on eggshells around their mood swings
- They constantly shifted blame or twisted the story
- You apologized even when you weren't wrong
- Your boundaries were repeatedly disrespected
- They isolated you from friends or family
- They said "you're too sensitive" when you felt hurt
- You felt drained, anxious, or unsure after seeing them
- They used affection as a reward or punishment
- You felt like you lost yourself in the relationship

Red Flag Checklist: Was It Toxic?

- Gaslighting: Making you question your memory or reality
- Love Bombing: Intense affection early, then sudden withdrawal
- Guilt-Tripping: Making you feel bad for setting boundaries
- Silent Treatment: Withholding affection to punish you
- Future Faking: Big promises, no follow-through
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WHY DID I STAY? (JOURNAL PROMPT)

Use the space below to reflect:

Was I afraid of being alone?

Did I think I could fix or change them?

Was I taught to ignore my own needs?