



≡ RED FLAG OR MISUNDERSTANDING? ≡

DATE _____

TIME _____

Look at the pattern. Check the impact. Trust what you notice.

1. WHAT HAPPENED?

2. HOW DID IT MAKE ME FEEL?

- | | | |
|-----------------------------------|---------------------------------------|------------------------------------|
| ☐ Confused | ☐ Hurt | ☐ Pressured |
| ☐ Guilty | ☐ Unsafe | ☐ Dismissed |
| ☐ Anxious | ☐ Other: _____ | |

3. DOES THIS FEEL LIKE A ONE-TIME ISSUE OR A PATTERN?

- ☐ One-time ☐ Unsure ☐ Repeated pattern

4. RED FLAG SIGNS

- | | | | |
|---|---|----------------------------------|----------------------------------|
| ☐ Blame shifting | ☐ Lying | ☐ Control | ☐ Threats |
| ☐ Disrespect | ☐ Boundary pushing | | |
| ☐ Isolation | ☐ Manipulation | | |

5. MISUNDERSTANDING SIGNS

- | | |
|---|---|
| ☐ Poor wording | ☐ Mixed expectations |
| ☐ Stress | ☐ One-time mistake |
| ☐ Repair attempt | ☐ Accountability |
| ☐ Willing to clarify | ☐ Changed behavior |

6. DID THEY TAKE RESPONSIBILITY?

- ☐ Yes ☐ Somewhat ☐ No

What did they do? _____

7. WHAT DO I NEED NEXT?



Confusion is a signal. Patterns matter.



LET'S HEAL TOGETHER!

Nova Wellness Collection Inc.

For reflection and self-support; not a substitute for professional care.