RED FLAG READY

The Red Flag Reality Check

A practical companion to Red Flag Ready

Compare words with actions, notice recurring pressure and restore trust in your own observations.

A practical reader workbook

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Before you begin

This workbook is for reflection and education. It does not diagnose another person and it cannot decide what a relationship means for you. Focus on repeated behaviour, its effect on you and what happens when you ask for a reasonable change.

If you feel in immediate danger, contact the emergency services or an appropriate local support service. Use a safe device if you believe your communications are monitored.

Choose one recent situation

What happened, using only observable facts?

What did I feel in my body or behaviour afterwards?

1. Pattern check

Tick what is true. One difficult moment is not the same as a recurring pattern. Look for repetition, escalation and the effect on your freedom or confidence.

1. Warmth or attention becomes pressure to move faster than I want.	[ ] Yes	[ ] Sometimes	[ ] No
2. The explanation changes when I ask for clarity.	[ ] Yes	[ ] Sometimes	[ ] No
3. My memory or interpretation is repeatedly dismissed without genuine discussion.	[ ] Yes	[ ] Sometimes	[ ] No
4. A reasonable boundary is treated as rejection, disloyalty or punishment.	[ ] Yes	[ ] Sometimes	[ ] No
5. Concern becomes monitoring, restriction or demands for access.	[ ] Yes	[ ] Sometimes	[ ] No
6. I spend more time managing their reaction than expressing my own needs.	[ ] Yes	[ ] Sometimes	[ ] No
7. Apologies are followed by the same behaviour rather than meaningful change.	[ ] Yes	[ ] Sometimes	[ ] No
8. I feel smaller, less certain or less connected to other people over time.	[ ] Yes	[ ] Sometimes	[ ] No

What repeats most often?

2. Words and actions

Do not argue with yourself about labels. Compare what is said with what consistently happens.

WHAT WAS SAID	WHAT HAPPENED	EFFECT ON ME

3. The boundary response test

A boundary is information. The response to a calm, reasonable limit can tell you more than a promise can.

My boundary in one sentence:

What a respectful response would look like:

What actually happened:

Did I feel safer and clearer afterwards, or more afraid and confused?

4. Your clarity log

Record events briefly. Include dates, observable details and what changed afterwards. Keep this somewhere safe.

DATE	WHAT HAPPENED	WHAT CHANGED AFTERWARDS

5. Your support plan

Clarity is easier to hold when you are not carrying it alone.

One person I can speak to without being pressured:

One practical step that would increase my independence or safety:

One thing I will stop explaining away:

The next boundary or question I want to raise:

See the pattern sooner

Red Flag Ready helps you recognise manipulation, gaslighting, love bombing and coercive control without becoming suspicious of everyone. It focuses on pace, pressure, patterns, proof and peace.

Read Red Flag Ready

Understand Manipulation, Gaslighting, Love Bombing and Coercive Control

Available from Amazon UK

This workbook is educational and is not medical, legal or therapeutic advice.