

# What are the Red and Green Flags of an Abusive and Healthy Relationship Quiz



SELF LOVE AFTER ABUSE

One day at a time! Life & Relationship Coaching

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Hello! I'm Zoe and here is a little bit about me.

I was in an abusive relationship for 6 years, I am now free, healed and happy. I have taken my experience, and qualified as a Life Coach and Counsellor. I use this to help people (this is you) get free from, and recover from abusive and narcissistic relationships.

It's like we have all dated the same person, one who displayed characteristics of a narcissist, sociopath and psychopath! I understand the pathological minds games, emotional control, and manipulation that a toxic person inflicts on their target. I have been emotionally, physically, sexually and financial abused. I have been hoovered and love bombed and been tempted to fall for it. I've been made

to feel like I'm crazy and think that I was losing my mind. I have been sucked dry, and made to feel unbalanced, numb and depleted.

I thought I had married my soulmate; little did I know that he was wearing a mask! Everything was amazing at first, I felt loved and cared for but then it slowly started to change. I was so confused by the change, where had that person I fell in love with gone, I thought it must be my fault, I must have done something to lose him. But I could never do enough for him, he always wanted more and I felt like I was constantly failing. After my daughter was born, things started to get worse, he would constantly accuse me of cheating, call me names, say I was ugly and make me feel worthless. He then started to get physical, it started small, a pinch, a slap, pulling my hair but soon he was raping me on a regular basis, strangling and pinning me down on the floor.

After I left him, for six months he stalked me until it finally escalated to the point of him battering in my front door with a concrete block, attacking and head-butting me, which resulted in me needing 12 stitches in my forehead.

I then spent the next year making police reports and attending Criminal Court as a witness. He ended up being sentenced to 11.5 years for ABH, Stalking and Harassment and Rape.

I am free and happy, and I now support and coach others, helping you to grow in self-love and to be body positive, as often after abuse you feel worthless. But no matter how you have been treated or what you have been told about how you look, you are beautiful, worthy and deserve so much more. And although the path to freedom can be a bumpy one, it's so worth walking, so let's go on this journey together.

If you want to find out more about how I can help you, why don't you book in for your [FREE](#) discovery call.

To help you on your journey to freedom and healing, the first step is being able to **identify** if your relationship is **abusive** or **healthy**, I know I thought mine was OK, when clearly it wasn't.

**Use** the checklists below to help you **find out** what your next steps might be.

## **Red Flags** of a Toxic Relationship

The following are personality & behaviour traits that are identified in **abusive** relationships.

- Doesn't take responsibility
- Blames others/makes excuses
- Smothering/over protective
- Controlling
- Saying "its for your own good"
- Trying to persuade/win over
- Lack of consideration
- Not respecting your point of view or not allowing you to have one
- You cannot be alone
- Won't let you make decisions or doesn't like the ones you make
- Told you should forgive and forget
- Tells lie
- Guilt trips
- Rushes the relationship
- Degrades your skills/job
- Never gives you credit
- No respect
- No appreciation
- Not in touch with own needs & feelings
- Expects you to take care of them
- Violent and seems out of control
- Overreacts about simple things
- Subtle put downs
- Takes over aspects of your life
- Cuts you off from your friends and family
- Threatens you
- Substance abuse
- Forces you to do things you don't want to
- Lack of affection/too much affection
- Uses sex to control/forces you to have sex
- Neglectful
- Jealous
- Possessive
- Poor relationship with own family
- Showy with money
- Expects secrecy about what's going on
- No respect for animals
- Insulting
- Expecting you to live their life
- Insecurities/lack of confidence
- Sabotages you
- You are never good enough
- Accuses you of cheating
- Not allowing private thoughts
- Lack of privacy
- Threatened to use secrets against you
- Makes you doubt yourself
- Saying sorry, without changing behaviour
- You are not allowed to be late
- Double standards
- Treats others poorly
- Makes you feel nervous or like you're "walking on eggshells."
- You feel confused about the relationship
- They won't let you sleep
- Causes fights before big events
- Immature
- Wants to know where you are all the time
- They are always right
- Throws and breaks things
- Withholds money
- Cheats either virtually or in person
- Ghosts you
- Won't accept it when you say no
- Wants your passwords
- Grabs and pushes you
- Threatens to hurt themselves because of you
- Has big mood swings: angry then nice
- Gives you silent treatment
- Nasty comments that deteriorate your confidence
- Texts or calls you all the time
- Puts you down, calls you names or criticizes you.

## Are you in an Abusive Relationship?

### Scoring

Give yourself one point for every yes response.

Now that you're finished and have your score, the next step is to find out what it means. Simply take your total score and see which of the categories below apply to you.

You got a **score of zero**? Don't worry -- it's a good thing! It sounds like your relationship is on a pretty healthy track. Maintaining healthy relationships takes some work -- keep it up! Have a look at my [Green Flags of a Healthy Relationship Checklist](#) to see how your relationship measures up. **Remember** that while you may have a healthy relationship, it's possible that a friend of yours does not. If you know someone who is in an abusive relationship, find out how you can help them by visiting [www.selfloveafterabuse.com](http://www.selfloveafterabuse.com)

If you scored **one or two points**, you might be noticing a couple of things in your relationship that are unhealthy, but it doesn't necessarily mean they are warning signs. It's still a good idea to keep an eye out and make sure there isn't an unhealthy pattern developing. The best thing to do is to talk to your partner and let them know what you like and don't like. Encourage them to do the same. Remember, communication is always important when building a healthy relationship. It's also good to be informed so you can recognize the different types of abuse.

If you scored **three or four points**, it sounds like you are seeing warning signs of an abusive relationship. Don't ignore these red flags. Something that starts small can grow much worse over time. No relationship is perfect but in a healthy relationship you **won't** find abusive behaviours. If you are not sure what a healthy relationship should look like, have a look at my [Green Flags of a Healthy Relationship Checklist](#).

If you scored **five or more points**, you are definitely in an abusive relationship. Remember the most important thing is your safety -- consider making a safety plan. You don't have to deal with this alone. I can help, if you want to find out more about how I can help you, why don't you book in for your [FREE](#) discovery call.

## Green Flags of a Healthy Relationship

The following are personality & behaviour traits of a **positive and healthy** relationship.

- They are affectionate
- Takes an interest in your interests
- Friendship
- Positive and supportive about you even when you are not
- Sense of humour – laughs at self
- Willingness to share financially
- Shares on all levels
- Being vulnerable
- Is a good listener
- Is able to have fun
- You enjoy each other's company
- Has individual interests
- Supportive of your personal growth/not feeling threatened by it
- Accepts your past without judgement
- Doesn't compare you to others
- Respects your privacy
- Respects your job
- Knows that they are not the centre of your universe
- Mature (no tantrums or spiteful)
- Sense of perspective (not overreacting)
- Confident in self
- Fits in – makes an effort to get to know your friends and family
- Respects individuality
- Admits mistakes
- Takes responsibility for own needs
- Enjoys solitude
- Willing to cope with ups and downs
- Do you trust each other?
- Accepts you for who you are/not trying to change you
- Common goals for the future
- Shares the same values as you
- Is able to engage in healthy conflict
- Honest
- Considerate
- Expresses their feelings
- Consensual sex
- Encourages you
- Shares responsibilities / household chores
- Respects your boundaries
- Respects people who are physically weaker than them
- Treats children & animals with kindness
- Tries to be non-judgemental
- Is committed to the relationship
- Values your point of view
- Values peace more than being right
- Mutual respect
- Compassionate
- Accepts you for who you are
- Healthy intimacy
- Gives you compliments
- You can talk about money openly and honestly
- Doesn't try to change you
- You feel comfortable talking about anything
- Emotionally aware and supportive
- Encourages you to try new things
- You have an inner feeling of security and calm; you don't feel confused

## Healthy Relationships

Healthy relationships are built on mutual respect, trust and communication, an abusive relationship is all about power and control.

When it comes to relationships, it can be hard to know what is healthy and what is not. People often ask me, “is this normal”, most couples will have disagreements, so that is not necessarily an indicator of relationship health. **How** you disagree has much more of an impact on a relationship than **if** you disagree. Also, how you **treat** each other when you are not disagreeing, is also an indicator of how healthy your relationship is.

Remember, if you alter your behaviour because you are frightened of how your partner will react, you are being abused. Abuse in a relationship, doesn't have to be physical, it can be emotional and mental and this is just as destructive as physical violence.

The purpose of this document is to gauge how healthy your relationship may or may not be. I want you to be safe and happy in your relationship and any relationships to come. If you are concerned about your results, book in for a [free discovery call](#) with me, or email me at [selfloveafterabuse@gmail.com](mailto:selfloveafterabuse@gmail.com).

You can also find me on:

