

RED FLAGS IN A RELATIONSHIP

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Red flags in a relationship: Here's what you need to know!

When a relationship is starting to develop, it can fill you with butterflies and make you see the world through rose-tinted glasses. For that reason, many people don't recognize some of the biggest red flags and wind up getting hurt later on down the line.

I want to share 6 tips with you today on what red flags to look out for in a relationship. The beginning of your relationship is incredibly important because this is when you're setting up the foundation for how you interact! If you turn a blind eye to red flags, you can end up paying the price in heartache later on.

So what are these red flags? Is this relationship going to be something meaningful or is it time to turn the page?

Red flags: Keeping your eyes

When a relationship is new, it's important to enjoy it and have fun, but I also want to stress the importance of making sure you're keeping your eyes open. It's easy to ignore a red flag when you're caught up in the excitement of how new everything is, hopes and dreams for the future, or even lust. Just yesterday I was working with a woman, Carole, who contacted me for help in navigating through her relationship's current state. In her case, it had come to light that her boyfriend was being unfaithful and I remember her saying to me, "I should have paid attention to the red flags at the beginning of our relationship. My friends told me that the way he interacted with them was super flirtatious and it literally made my stomach twist..." She ignored that feeling for a long time until she found out that he had been messing around behind her back.

This is why I want to stress the importance of being fully aware of the situation. Let the relationship unfold and enjoy it, but if something feels off

to you, pay close attention.

Now, let's fine-tune a bit and take a look at the biggest red flags to look out for in a new relationship.

The very first thing that you need to pay attention to is your intuition. Like we saw with Carole above, it's important to listen to your gut feeling. It's a powerful tool and if you feel like something is going on, there might be an issue.

Pay attention to how you feel about this person. Do they seem trustworthy? Does it feel like they're going to commit to you? Do you feel comfortable around them? This last question brings me to my next point.

The second red flag we need to be on the lookout for is how YOU feel when you're around this person. Are you able to be yourself, or does it feel like you need to play a role when you're around them because you want to impress them? If you feel like you need to be someone else in order to please them, that you lack self-confidence, or that you can't stick up for yourself, you're looking at a major red flag in a relationship.

If you want this relationship to have a strong foundation, you need to feel fully confident being yourself. If not, the relationship runs the risk of becoming toxic! Issues with inconsistency are another thing to take into consideration when talking about common red flags. Does this person call, text, and see you nonstop during the week, but then goes M.I.A over the weekend without any excuses or an apology? Be careful to avoid accepting behavior that makes you uncomfortable out of fear of losing this person. Again, we want to make sure that the foundation of this relationship is solid.

Red flags in a new relationship: negativity

The next three red flags to pay attention to have to do with putting you down and making you feel "less-than".

I know that some people say that they appreciate “tough love” and passion, but if your partner is yelling and getting into enormous fights with you all the time, the odds of this turning into a healthy, long-lasting relationship are very low. Of course, a relationship will have ups and downs and you’ll have to work through disagreements, but verbal violence is not the way to a healthy relationship.

In addition to that, if you’re looking for red flags, ask yourself whether or not this person is always placing the blame on you. If he or she is constantly trying to make you the source of every single problem or is trying to make you feel ashamed on a regular basis, it’s a relationship red flag. You don’t want to get involved with a narcissistic person that’s going to undermine your sense of wellbeing every chance they get!

And last but not least, the final red flag in a relationship that I want to bring your attention to is whether or not your partner is comparing you to other people. Do they say things like, “Oh my ex would never have done that,” or, “Why don’t you wear your hair like my colleague, it looks so much better?” A person who highlights your shortcomings is bad news, especially when they compare you to others and make you feel bad about it. It’s manipulative and destructive and is most certainly one of the biggest red flags in a relationship.

A relationship that is going to stay strong and healthy needs respect and a strong foundation!

I sincerely wish you all the best in life and love,
Your French relationship coach,
Alex Cormont