

Green Flags & Red Flags

Every relationship sits somewhere on a spectrum, from healthy to abusive. Recognizing the signs can help you understand where your relationship stands, or a loved one's.

HEALTHY

UNHEALTHY

ABUSIVE

HEALTHY Green Flags

Built on equality, respect, and trust

- You feel safe being yourself
- Decisions are made together
- Disagreements are talked through calmly
- You each have time for friends, family, and community
- Money and plans are discussed openly
- Your boundaries and your "no" are respected

UNHEALTHY Warning Signs

Respect and communication are breaking down

- One partner usually gets their way
- Arguments turn into yelling or the silent treatment
- Jealousy, or checking each other's phone
- Pressure to spend less time with others
- Small lies or broken promises
- You sometimes feel like you are walking on eggshells

ABUSIVE Red Flags

One partner uses power to control the other

- Controls money, documents, or daily decisions
- Makes threats about children, family, or immigration status
- Insults, humiliates, or blames you for their behavior
- Cuts you off from family, friends, or community
- Forces or pressures you into things you don't want
- Uses physical or sexual violence

Seeing red flags in your relationship or someone else's? **You are not alone, and Saheli can help.**

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