DebbiCarberry
RELATIONSHIP COACH

Dating Red Flags

So, you decided to go back out there AGAIN. Feeling more than a little bit of trepidation as your friends have already warned you that it's not as simple as it once was. Dating in current times can feel like a minefield so I have put together some common 'Dating Red Flags' to watch out for. It's better to bail early in the dating game than find you are in too deep when it can be much harder to let go.

We all know what the first flush of excitement is like when we are starting to get to know someone new – you are giddy like a kid again, your heart races, you can't get them out of your head (part of the fun right?) But a new relationship can also be full of challenges as you get to know someone and see if they are a good match for you or not.

I tell all of my coaching clients that it takes a minimum of 6 face-to-face dates over time before you can even decide if you want to take the 'friendship' to the next level. (So slow down 😊)

Because we are all so different, we have different values, beliefs, opinions and behaviours and the only effective way to work out if the fit is right is to slow things down and not throw yourself into things full tilt.

We need to be careful when we are investing our heart, time, and emotional energy into someone new and it's important to know when you're dealing with Mr. Wrong.

There are two things that you need to be mindful of when it comes to red flags for potential partners.

Number one is about compatibility but *Number two* is about danger – (and it's very important that you assess for the second as quickly as you can)

So, let's start with number one – incompatibility.

Incompatibility

If your value and beliefs don't align you are heading for some sticky times ahead. These are the things that really matter to us. So, if you are polar opposites it might be best to thank them for the date and head in different directions. Here are a few things to look out for.

- Positive and Negative – if your glass is half full and theirs is half empty you are going to spend a lot of energy trying to stay up beat – best to see if it's a pattern and if so – let em go.

- Introvert and Extrovert – not a huge drama and sometimes very complimentary but if you are doing all the communication and connection – it's going to get old fast.

- Say what! – if they are sharing information and your skin is crawling or you are wondering *'did he actually just say that'* chances are their lack of self-awareness and appropriateness might end up driving you nuts.

- Unable to see you point of view – we don't have to agree on everything or actually very many things BUT we must be able to see other people's points of view and understand and accept that it's okay if we differ in opinion. It's

exhausting trying to get someone to understand your perspective if they feel there is only one perspective and it is theirs!

- **Honesty – really!** So, there is honest and then there is honest. When you are new to dating it's best not to ram a strong opinion down someone's throat – this can be cloaked with "*but I just want to be honest with you'* NAH … this is not good - it indicates a lack of flexibility and boundaries. Beware.

- **If you did it to her** – it's possible you are going to do it to me! – if a new date is sharing what happened in a few relationships and there are themes emerging - pay attention! These themes didn't happen accidently – they are indicators of how your date manages relationships in the longer term.

- **The end** – listen very carefully to how a date describes how the last relationship(s) or dates ended. This will give you some great clues into the recurring issues they have and what their expectations are for partners.

- **Believe him/her** – if he says he's commitment phobic, a dickhead or totally not ready for a relationship – or that other women have told him he's. inconsiderate, rude, disrespectful etc. – BELIEVE HIM - he's not joking and it's going to come back and hurt you down the track.

- If the second text involves any sexual inuendo or worse still a photo from the waist down in his birthday suit – this is a serious sign he's just a player and has probably sent a number of them out during the evening hoping someone will response positively. Unless you are looking for a very casual encounter this kind of behaviour is a serious red flag.

This also applies if you are asked about sexual preferences on the first date. This demonstrates a lack of boundaries and, in my opinion, respect. These kinds of dates are about hooking up and generally the person is not interested in a long-term relationship. Relationships need time to unfold - if he is not interested in getting to know you and wait – then don't waste your time.

- **I'm leaving my partner!** *Not yet though! But soon*. Beware the almost separated person. This date will tell you how difficult his relationship is and that he has told her he is leaving. BUT. The kids, finances etc are keeping him from actually leaving. Whilst you may believe him the in the short term - it is very likely you are dating a married man who is NOT leaving his wife any time soon.

- **My EX was a nightmare!** If he spends the date or calls telling you all about what a pain his ex was - oh and the ex before that. Stop for a minute and consider – was it really his ex or was it him. If he blames others for outcomes it's only a matter of time before you will be the person he is complaining about.

Here are some other signs to watch out for:

- **Struggles with boundaries -** either they have no boundaries and share your important and intimate information with others. Or has rigid boundaries keeping you at arm's length particularly after being very close for a little while. Alternatively, not letting you into their inner circle of family and friends.

- Communication issues – if your date becomes defensive to things you are saying or lies and tells tall stories and you catch them out, especially if this happens early in the dating. They cannot be trusted - simple as that.

If they have a very confrontational communication style or the need to right – whether that's with you or anyone else who you both come across. You can tell a lot about a person by seeing how they treat wait staff or old ladies crossing a road.

- Too Much Too Soon – I've made a list as there are quite a few things to watch out for:

1. Love-bombs you
2. Wants to get married or move in together – fast!
3. Is constantly calling and texting, but they rarely make time to actually see you
4. They are ready to sext at any time, but are really slow to respond to anything other kind of conversation
5. Start making plans for your future together within the first couple of dates
6. Has lots of great insights into who you are and why you do what you do – you want a date not a therapist!
7. He's a hot mess – crisis driven – there are always dramas
8. Pining for his ex and sharing that with you
9. Not looking for monogamy (unless you are not too)
10. Extremely charming - like extremely
11. Grandiose – full of himself
12. You feel a ton of chemistry (this is a danger zone)
13. Inconsistent

14. Seems immature, impulsive or irresponsible
15. Tells you about his favourite online games (I don't care if they are fun – they are a huge time-suck and if they play them all the time you will be competing with them)
16. Drinks too much
17. Does he miss dates without rescheduling in advance?
18. Does he cancel last minute or turn up late?
19. Does his life sound like an emotional rollercoaster?
20. Has cut off his family members or no longer has any contact with them?

Finally, things that may indicate there is danger ahead:

1. Only talks about himself?
2. Does he go out of his way to meet you, or does he, instead, always ask you to meet him where he is?
3. Does he frequently cancel plans at the last minute?
4. Does he ask you out at the last minute (booty call)?
5. Do you feel secure and safe with him when you're together AND apart?
6. Do you trust him?
7. Is he protective in a healthy way?
8. Does he treat you with kindness?
9. Does he respect your boundaries – emotional, physical, and sexual?
10. Is he domineering?
11. Does he 'suggest' things you need to change about yourself?
12. Does he get jealous (and you have only just met)?

Dating can be so much fun, but can also be really painful and sometimes hurt us deeply.

Learning some of the red flags to be mindful of means that we can prevent some of the possible hurt ahead and leave ourselves more open to love and connection with the right kind of person.

I hear from women all the time looking for help and support with dating and relationship issues - If you need some help and support, I am running free workshops during January and February. If you would like tips and strategies to help you not make the mistakes from your past and find the partner you really want to be with come and join my private Facebook Group (where we can talk more privately about relationships).

Simply hit the link to join
https://www.facebook.com/groups/RewriteYourRelationshipStory/

You can also send me a Private Message to my **messengerbot** to stay up to date will all of my workshops https://m.me/DebbiCarberry

I am starting a Relationship Revolution in 2019 - we have a 50% divorce and separation rate globally. Counselling and self-help books haven't changed that statistic since the 1950's.

Come and join me for the **#relationshiprevolution** where I will show you why relationships don't survive and how to ensure that your next relationship doesn't become another statistic.

Debbi Carberry is a qualified relationship coach and expert based in Brisbane, Australia. She has a private practice and is also the creator of Rewrite Your Relationship Story Program and has been helping women and couples around the globe to have intimate, connected relationships for over a decade.

www.debbicarberry.com.au