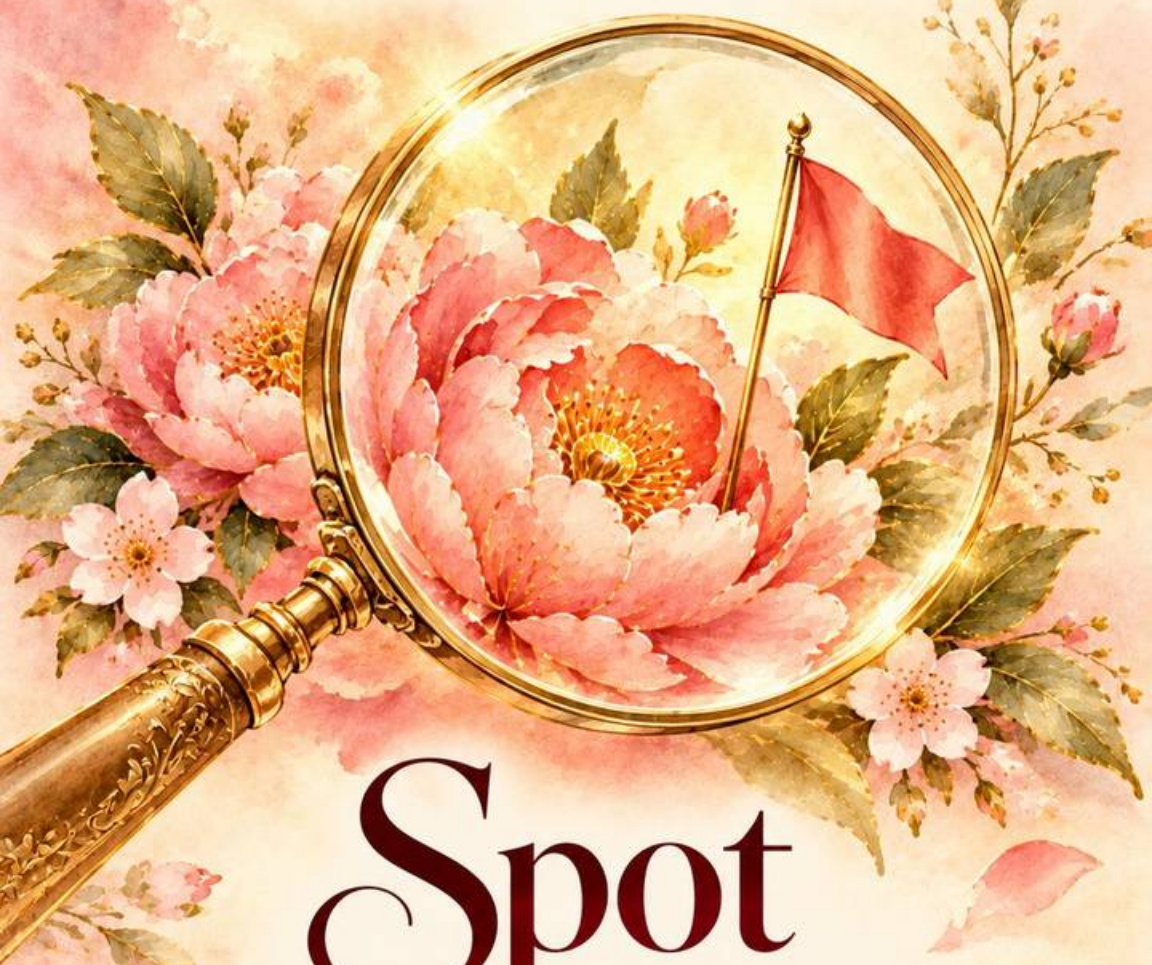


— B O N U S G U I D E —



Spot the Signs

Red flags in love, and what to do

Dede Okeke

BEFORE WE BEGIN

A Note From Dede



Welcome, friend.

A red flag is a warning sign. It tells you, “Slow down. Look closer.” Red flags are easy to miss when your heart is full of hope. This short guide helps you see them early.

A red flag does not mean you must run. It means you must **pay attention**. You are allowed to look. You are allowed to ask. You are allowed to take your time.

How to use this guide

- Read one page at a time.
- Check each page against your own life.
- Use a pencil. Tick what you see.
- Finish with the Quick Check on page 11.

Everything here is general advice. It is not a test that gives a final answer. You know your life best.

With love,

Dede Okeke

WHAT IS IT?

A Red Flag

A red flag is a behavior that can lead to hurt. You **see** it. You do not imagine it.

A bad day is not a red flag

Everyone has a bad day. A red flag is different. A red flag **repeats**.

One bad day is a day. The same thing again and again is a pattern.

The 3-R test

Ask these three questions about anything that worries you:

1. **Repeat:** Has it happened more than twice?
2. **Regret:** Is there real sorrow and change, or just words?
3. **Result:** Do I feel smaller, scared, or confused after?

Two or more “yes”? You may have found a red flag.

SIGN 1

Secrets and Hiding



Privacy is normal. Secrets that touch your life or your future are not.

Look for

- A phone that is always hidden or locked.
- Plans that change with no clear reason.
- A story that changes when you ask again.
- Big news that you hear from other people.
- Anger when you ask a simple question.

Ask yourself

If I knew the whole truth, would it hurt me? If yes, it is a secret, not privacy.

What to do

Ask one calm question. Then watch the answer. A caring person answers with patience. A person with something to hide answers with anger, or with a joke.

Too Much, Too Fast



Strong love can feel wonderful. But love that rushes can be a trap.

Look for

- “I love you” in the first days.
- Big gifts and big promises very early.
- Wanting all your time, all the time.
- Pushing to plan a future before you know each other.
- Upset when you say, “Let us go slower.”

Real love is not afraid of slow.

What to do

Slow the speed. Say, “I like you, and I want to go step by step.” A kind person will say, “Okay.” A pushy person will push harder.

Blame and Excuses



Everyone makes mistakes. The question is what happens next.

Look for

- “It is your fault that I did it.”
- “You are too sensitive.”
- “You are making a big deal.”
- Never saying sorry, or saying sorry with a “but.”
- Turning every talk into a fight about you.

A healthy sorry has three parts

1. I did it.
2. I am sorry it hurt you.
3. Here is what I will do to fix it.

If the sorry has no change behind it, it is only a sound.

SIGN 4

Control



Control can look like love. It can sound like, “I just worry about you.” But care gives you room. Control takes it away.

Look for

- Checking your phone, messages, or location.
- Telling you what to wear or who to see.
- Anger when you spend time with friends or family.
- Keeping track of every hour of your day.
- Making you feel guilty for having your own plans.

Care or control?

Care asks, “Are you okay?” Control asks, “Where were you? Who were you with?” and gets upset at the answer.

Your life belongs to you.

Words Without Actions



Words are easy. Actions take effort. Trust the actions.

Look for

- Big promises that never come true.
- “I will change” with no change.
- Being late or missing plans, again and again.
- Sweet words after every hurt, and then the same hurt.

The 3-column page

Draw three columns on a page:

1. What was said.
2. What was done.
3. What happened next.

Fill it in for one month. The page will show you the truth.

Words are seeds. Actions are the fruit.

Small Disrespect



Big hurts often start as small ones. Watch how you are treated on ordinary days.

Look for

- Jokes that make you feel small.
- Rolling eyes, or sighing, when you speak.
- Ignoring you with the phone in hand.
- Rude to waiters, drivers, or people who cannot help him.
- Not listening, then acting like you never said it.

A good test

Watch how someone treats people who have **nothing to give them**. That is who they really are.

If someone is unkind to others, do not think you will be the exception.

WHAT NOW?

Your 3 Steps



You noticed a red flag. Now what? Do not panic. Use three steps.

Step 1: Pause

Breathe. Do not decide in a hurry. Write down what you saw.

Step 2: Speak

Use simple words. Here are some you can borrow:

- “I noticed this. It bothers me.”
- “I need the truth, even when it is hard.”
- “Please do not speak to me that way.”

Step 3: Watch

Give it time. See if the behavior changes, not only the words. Weeks, not days.

If you ever feel unsafe or are being hurt, safety comes first. Go to a safe place and call someone you trust, or local help.

QUICK CHECK

Red Flag or Green Flag?

Red flag	Green flag
Hides things	Tells the truth
Rushes you	Goes at your speed
Blames you	Takes responsibility
Controls you	Gives you room
Only words	Words and actions match
Small disrespect	Respect, every day

Pause and Write

1. What have I noticed more than twice?
2. What is one small step I can take this week?



THANK YOU



*You noticed. That is a gift. Trust your eyes and your heart.
Take your time. You deserve a love that is honest, kind, and
steady.*

*This guide gives general encouragement and education. It is not medical, legal,
or mental health advice. If you are in danger, please contact local emergency or
crisis help.*

Thank You!

Your Healing Journey Begins Here.



A Beautiful New Chapter Awaits You

"Thank you for choosing yourself, your peace, and your healing. May these pages remind you that your story is far from over."

*With love,
Dede Okeke*