

Narcissistic Relationship Red Flags Checklist



**A resource by
Strength Of A Queen CIC**



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A Survivor-Centered Self-Reflection Tool

EARLY WARNING SIGNS (How It Starts)

Tick any that feel familiar:

- ☐ The relationship moved very fast
- ☐ They called you their “soulmate” quickly
- ☐ They pressured you into commitment early
- ☐ They were overly charming, intense, or “too perfect”
- ☐ You felt swept up but also slightly uneasy
- ☐ They made big promises about the future early on
- ☐ They wanted constant attention and reassurance

LOVE BOMBING SIGNS

- ☐ Excessive compliments that felt overwhelming
- ☐ Constant messaging/calling, then sudden withdrawal
- ☐ They made you feel like you were “the only one”
- ☐ They acted obsessed with you
- ☐ They expected you to prioritise them immediately
- ☐ They made you feel guilty for needing space

Reflection:

What did their attention feel like at the time?

Unsure

Not genuine ○ ————— ○ ————— ○ **Very genuine**



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CONTROL & ISOLATION SIGNS

- ☐ They disliked your friends or family
- ☐ They caused drama when you spent time with others
- ☐ They wanted to know where you were at all times
- ☐ They accused you of being disloyal or untrustworthy
- ☐ They made you feel guilty for having a life outside of them
- ☐ You slowly stopped doing things you enjoyed

GASLIGHTING & EMOTIONAL MANIPULATION

- ☐ They denied things they said or did
- ☐ They twisted your words
- ☐ They made you question your memory
- ☐ They said you were “too sensitive”
- ☐ They called you dramatic or unstable
- ☐ They made you feel confused after arguments
- ☐ They made you feel like you were always the problem



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BLAME SHIFTING & VICTIM PLAYING

- ☐ Nothing was ever their fault
- ☐ They refused accountability
- ☐ They acted like they were always misunderstood
- ☐ They turned everything around on you
- ☐ You ended up apologising even when you were hurt
- ☐ They acted like you were “attacking” them when you raised concerns

EMOTIONAL ABUSE & DEVALUATION

- ☐ They criticised you often (subtle or direct)
- ☐ They made jokes at your expense
- ☐ They compared you to others
- ☐ They minimised your feelings
- ☐ They dismissed your achievements
- ☐ They made you feel like you were never enough
- ☐ You felt like you were walking on eggshells



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Reality Check

After completing this, what feels true for you?

- ☐ Something doesn't feel right
- ☐ I've been ignoring red flags
- ☐ I feel validated
- ☐ I feel overwhelmed
- ☐ I'm not sure yet

Your Next Step

One truth I'm accepting:

One small step I will take

- ☐ Talk to someone
- ☐ Journal
- ☐ Set a boundary
- ☐ Learn more
- ☐ Join support



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SOAQ Affirmation

Read This Slowly:

I am not “too sensitive.”

I am responding to how I am being treated.

I deserve clarity, not confusion.

I deserve peace, not anxiety.

I deserve to feel safe.

***If this brought up something for you, that matters.
You deserve support, clarity, and healing.***

Join the SOAQ community for:

- ✓ Real conversations
- ✓ Healing tools
- ✓ Safe spaces

**Join The Queen's Rise
Circle**



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