

The 21 Green Flags Checklist

A Guide to Emotional Safety & Lasting Connection

Instructions: Use this checklist as a personal journaling tool or a conversation starter with your partner. A "Green Flag" is a consistent behavior, not a one-time event.

Section 1: Communication & Conflict

- **Consistent Communication:** They do what they say. Their actions match their words, with no "mixed signals."
- **Respectful Disagreement:** They argue to solve the problem, not to win. No yelling or manipulation.
- **Active Listening:** They remember small details you mention, proving they value your perspective.
- **No Mind Games:** No "waiting to text" or testing your loyalty. Everything is straightforward and mature.
- **Radical Honesty:** They are transparent even when the truth is uncomfortable.

Section 2: Emotional Well-being

- **Emotional Safety:** You feel secure enough to express vulnerability without fear of judgment.
- **Emotional Regulation:** They handle their own stress without taking it out on you.
- **Personal Accountability:** They can apologize sincerely when they are wrong without making excuses.
- **Empathy:** They consistently seek to understand and validate your feelings.
- **Safety & Peace:** Your nervous system feels calm, not "on edge," in their presence.

Section 3: Independence & Growth

- [] **Support for Independence:** They encourage your separate hobbies, friendships, and "me time."
- [] **Celebrates Your Wins:** They aren't threatened by your success; they are your loudest cheerleader.
- [] **Constructive Growth:** They are committed to self-improvement and growing *with* you.
- [] **Pace Respect:** They don't rush the emotional or physical stages of the relationship.
- [] **Shared Core Values:** Your "big picture" goals (family, money, lifestyle) are in alignment.

Section 4: Character & Reliability

- [] **Consistent Kindness:** They are polite to service staff, strangers, and those who can't help them.
- [] **Reliability:** You never have to wonder if they will show up. They are your most dependable teammate.
- [] **Comfortable Silence:** You can sit together without speaking, feeling a deep, peaceful connection.
- [] **Active Curiosity:** They never stop asking questions about your dreams and your inner world.
- [] **Public Respect:** They speak highly of you when you aren't there; your reputation is safe with them.
- [] **Team Mentality:** When life gets hard, it's "us vs. the problem," never "you vs. me."

Connection Score: _____ / 21

Reflections: *What are the top 3 flags currently present?*

_____ *Which flag would I like to
nourish more this month?* _____

