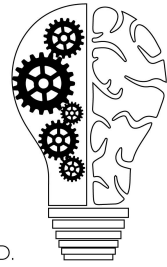


Red Flags In Dating

David Puder, M.D.

This PDF made by the host of the podcast "Psychiatry & Psychotherapy" found on [iTunes](#) or [Google Play](#)



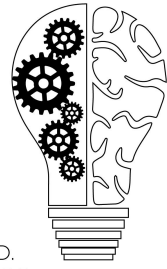
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**PSYCHIATRY &
PSYCHOTHERAPY**

1. When I think about this person do I already want to change them?
2. Would I want to have my future child with this person (or have this person babysit a child)?
3. Could I see this person being a good father/mother?
4. Am I feeling a pull to rescue them in some way?
5. Am I overly focusing on one positive thing about them, and not seeing all other parts of them?
6. Does this person try to control everything around them including me?
7. Does this person react to obstacles with anger, rage, blame, or shaming others?
8. Does this person blame others for their mistakes, where they are in life, or the problems they face?
9. Does this person make impulsive decisions with their choices, money, and emotions?
10. Does this person shut down, disengage, stonewall, go numb, emotionally distant when stresses occur (like arguments)?
11. Does this person still have emotional energy tied to a past relationship?
12. Does this person want me to be their therapist?
13. Does this person have a lot of drama surrounding them?
14. Is this person married (even if they say they are going through a divorce or separated)?
15. Does this person have addictions which they have not worked through, resolved, and maybe don't even see as a problem?
16. Is this person critical about almost everyone they meet?
17. Does this person receive feedback, examine their shortcomings, and honestly make moves towards correcting things they can correct?
18. Does this person remain steadfast with commitments, agreements, and responsibilities?
19. Does this person have a history of working at many jobs and have issues with many authority figures?

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20. Does how they present themselves match with their reality?
21. When there are discrepancies between how they present themselves and reality, do they react with anger, rage, and attacking?
22. Am I just with this person because I don't want to be alone?
23. What are their good long term friends like? Are they not the best crowd?
24. Is this person growing in their spiritual life and walking with God? Do they have a desire for the things of God? Do they go to community with other Christians?
25. Is this person overly driven, or can they enjoy life?



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**PSYCHIATRY &
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Good signs:

1. This person has close friends and meaningful and trusting relationships with.
2. This person has integrity in how they deal with people, money, and their work.
3. This person has acceptance for themselves and others.
4. This person is able to understand my viewpoints, perspectives and ideas.
5. This person is a good listener.
6. This person can regulate their emotions well.
7. This person accepts me for who I am and does not seem to be trying to change me.
8. I feel safe giving feedback to this person.
9. I feel safe with this person.
10. My body can relax with this person.
11. I can be myself with this person.

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