

GREEN FLAGS CHECKLIST

What to look for
What to build

THAT
L**VE**
COACH

A green flag isn't "they're nice sometimes." A green flag is a **pattern**.
Use this checklist to notice what feels safe, steady, and real—especially if you're used to chaos or inconsistency.

Check what's true most of the time. No one is perfect. You're looking for consistency.

Emotional Safety

- I can be myself without walking on eggshells
- My feelings are taken seriously (even when they disagree)
- I feel calmer around them, not more confused
- They don't punish me for having needs

Consistency + Effort

- Their words match their actions
- They follow through more than they forget
- They show steady interest, not hot-and-cold energy
- They make time, not excuses

Communication

- We can talk about hard things without disrespect
- They listen to understand, not to "win"
- They can apologize without a speech or a meltdown
- They ask questions instead of assuming the worst

Repair After Conflict

- We come back together after tension (repair happens)
- They take responsibility for their part
- They can talk about what happened without rewriting reality
- We make a plan for what we'll do differently next time

Boundaries + Respect

- "No" is respected without guilt trips
- They don't pressure me—emotionally or sexually
- They care about my comfort, consent, and pace
- They support my independence (friends, goals, time)

Trust + Integrity

- I don't have to guess where I stand
- They are honest even when it's uncomfortable
- They don't play games to control closeness
- They build trust through actions over time