

# 7 RED FLAGS

That He's Not  
Ready Or  
Mr. Right



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## Meet Deborah

Deborah has more than 20 years of expertise in the business of helping people. She is a highly trained leader, expert therapist and outstanding teacher.

Deborah is the creator of the “Stop the Cycle: Sabotage to Success Relationship System.” This is an effective and efficient Relationship Methodology of which Deborah has condensed from her extensive education, tens of thousands of hours interacting with clients, twenty years professional experience, and her lifetime of personal experiences.

As a coach and speaker Deborah doesn't just use theory as the foundation of her work, she pulls on years of extensive professional and real life experience as well as her strong educational background.

## 20 Years Expert Experience

- Deborah's strengths and expertise have come from varied career positions working with some of the most vulnerable clients in Los Angeles County.
- For 6 years she worked in one of Los Angeles County's largest non-profit mental health agencies as an executive leader in the role of Vice President managing several mental health programs.
- Totalling 15 years, she developed, directed and administered numerous mental health programs and worked directly with severely mentally ill youth, and their families, who were placed in foster care and residential settings.
- She was a vital member and co-chair of change agent county-wide committees to drastically improve county practices.
- All while maintaining a 20 year private practice working with 100s of clients.

Continuing her love of teaching, in each subsequent position she developed and led diverse workshops and trainings for clients and company staff. She has also been a faculty member teaching Marriage, Family & Child Counseling at the Master's Level.

She has a unique gift of looking right into your heart, recognizing your core personal needs and then helping you transform yourself and your personal, professional, or romantic relationships so that you can live a life of favor...permanently.



## 7 RED FLAGS THAT HE'S NOT READY OR MR. RIGHT

It is so easy to get caught up in the emotions of a new relationship and to ignore the warning signs you are seeing as well as ignore your gut intuition. When we are in new relationships we create a type of selective vision. This selective vision is when we tend to only see and pay attention to the good behaviors and the way they make us feel and we totally ignore the not so good behaviors.

It is important that you get a clear vision in the process of figuring out what is best for you. So slow down, be curious, pay attention and don't "jump all in" until you have checked out some of the following behaviors.

You can find red flag lists of specific behaviors all over the place. The following is a list of broader categories and the questions to ask or behaviors to keep an eye out for:

### 1. DOESN'T PLAY WELL WITH OTHERS

Look at his relationships and interactions with others. Does he have friends of his own? How does he treat his family members? When you are in public how does he treat others such as service workers, strangers, etc.? When he is with you and your friends or family members how does he interact? Ask your friends and family their honest thoughts about him.

### 2. DOESN'T TAKE PERSONAL RESPONSIBILITY

Does he regularly say "I'm sorry" when he has made a mistake? Does he correct his actions and follow through on what he says he is going to do? Is he responsible with money, with his belongings, with his commitments and with his job?

### 3. HAS POOR SPACE ISSUES

Relationships are about time together and time apart. When we are first dating we want to spend time together, that's normal. You know that old story of women giving up their friends to be with their new boyfriend. Well men do it too. That's one half of what you are looking for here. Does he seem to drop everything to be with you, even prior

commitments and relationships with family and friends? Is there a feeling he is hanging around a little too much so that you aren't even keeping to your own commitments and nurturing your other relationships. I know it is fun at first, but you need to experience the relationship as both together and apart. The other half to look out for is: Does he make space for you? Does he make plans and commit to time with you? Do you spend time together at his home, your home and in public?

#### 4. HAS POOR BOUNDARY ISSUES

This has to do with emotional boundaries. As a healthy individual you have a clear sense of yourself and your own identity. You know your own needs, you recognize your own feelings and you understand the other person is separate and has their own needs and feelings as well. Poor boundary issues, like space issues, can look one of two ways. The first would look something like he attaches too quickly. Does he start saying “we” and planning for future on the first date? Does he share way too much personal information when you are just starting out? Do you experience him as clingy?

Now the dangerous side of this is: Do you experience him as controlling, possessive or extremely jealous? If you say “no” to something does he respect that? If you say you prefer to do something different does he shift and go with your idea? The second issue with boundaries could be that he does not attach at all. Do you experience him as evasive when you ask any personal questions? Does he not make plans ahead of time or not keep plans that have been made? In all likelihood there is one of two things going on. He is either in another relationship that he doesn't want you to know about or he has his own emotional issues with commitment and attachment.

#### 5. LACKS SELF AWARENESS

One of the most important elements that makes a person emotional healthy and safe is their own self-awareness. You can only improve yourself and relationship skills when you are willing to look at yourself. How open is he to being honest with himself? Is he able to identify his own feelings? Does he own his feelings and know how to manage them himself rather than putting them out on you or others? Is he quick to anger and doesn't know how to manage it? Does he know his own signs of feeling stressed? Does he connect his thoughts to his feelings? Does he believe his thoughts are THE TRUTH or can he evaluate and shift them? Is he open and seeks out help from others? Does he know what is important to him?

## 6. LACKS COMMUNICATION SKILLS

For any relationship to have a chance, both people have to have or be willing to build good communication skills. Does he avoid the difficult conversations or does he step into them? Does he stay curious and open or does he get defensive and remain closed to hearing what you are feeling or asking for? Is he able to have empathy and recognize your feelings while holding his own feelings? Does he keep score and bring things up from the past? Is he able to be honest even if he is scared of your reaction or of hurting you? Is he able to take in constructive feedback? Does he call you on your stuff in a constructive way? Does he show and share that he loves you and cares for you?

## 7. TREATS YOU POORLY

Pay attention to how you are being treated in the relationship. If any of the following things are occurring and you have addressed them with him but he continues, get out of the relationship! When there is an argument he is disrespectful by calling you names or other derogatory statements. He tries to change your looks or how you dress or constantly comments on your weight. He is judgmental and critical of you on regular bases. He blames you for his feelings. He stays connected with his exes and turns to them for comfort. He shares things you have told him in confidence. He's not proud to be with you (he doesn't show you off to friends and family or take you out in public).

If you are experiencing a lot of the behaviors listed in these 7 areas, you have addressed them and he continues these behaviors then you have clear red flags and warning signs that this is NOT a healthy or emotionally safe relationship to stay in.

I would say move on sooner rather than later. But I know it's easier said than done. You find yourself still drawn to him. And it's not all black and white, he still has some positives. Even your friends and family are sharing their doubts and reservations but they aren't necessarily trained in helping you get the clarity that you need. That is where I come in. I can help you evaluate your relationship and create crystal clear vision for your best life and relationship. [Sign up for a Relationship Assessment Now!](#)

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