

Dr. Ali Fenwick

Red Flags Green Flags Book Reflective Exercises Worksheet

1. Write down your 5 green flags and your 5 red flags

My 5 Green Flags are:

1. _____
2. _____
3. _____
4. _____
5. _____

My 5 Red Flags are:

1. _____
2. _____
3. _____
4. _____
5. _____

2. How do you plan to nurture your green flags?

3. How do you plan to deal with your red flags?

4. In which domains of your life do you want to improve existing relationships? Think work, dating, marriage, friends, and family.

5. Which red flags do you see in others?

6. Which red flags in others can you handle, and which make you run away?

Red Flags I can handle

1. _____
2. _____
3. _____
4. _____
5. _____

Red Flags that make me run

1. _____
2. _____
3. _____
4. _____
5. _____

7. Can you explain why they make you run? What do those red flags say about you (e.g. your boundaries, your own red flags, your triggers)?

8. Let's take action! Make a plan how to tackle your red flags. Make sure your plans are made SMART.

1. I want to tackle Red Flag 1 by <action> and want to start or achieve this by <date>.
2. I want to tackle Red Flag 2 by <action> and want to start or achieve this by <date>.
3. I want to tackle Red Flag 3 by <action> and want to start or achieve this by <date>.

Note: Sometimes it's better just to focus on 1 red flag! As even tackling one red flag can take a long time.

9. Addressing your red flags takes time. Sometimes you need to experiment trying out new behaviors (which can be scary to do in the beginning). Identify ways how to experiment with your new (and improved) behaviors.

10. Address Red and Green Flags in others. Make a plan how you will help nurture other people's green flag behaviors and how you will address other people's red flag behaviors. Make a plan for yourself! If you don't normally address these behaviors in others, it's good to plan in advance as it might feel uncomfortable in the moment.

My Action Plan to address Red and Green Flags in others is
