

## **Workbook: Things are Getting Serious**

You've talked for awhile, met in person and things feel like they might be getting serious what are the things you can do now to create a stronger possibility for success. And success is also knowing as soon as possible if it won't work out so you don't waste too much of your or their time.

### **Section 1: Effective Communication in Dating**

**Objective:** Develop clear, respectful, and honest communication habits.

#### **Exercise 1: Communication Reflection**

**Instructions:** Reflect on your communication style using the prompts below.

1. **How do you express your feelings and needs in a relationship?**  
(Example: "I tend to be reserved and struggle to share openly.")

Answer:

2. **What communication habits have caused misunderstandings in the past?**  
(Example: "Assuming my partner knows how I feel without saying it.")

Answer:

3. **What steps can you take to improve your communication?**  
(Example: "Practice using 'I' statements to express my feelings.")

Answer:

## Section 2: Recognizing Green, Red, and Black Flags in Dating

### Understanding the Flags

- **Green Flags:** Indicators of a healthy and positive connection (e.g., respect, good communication).
- **Red Flags:** Warning signs that something may require attention or caution (e.g., inconsistent behavior, lack of boundaries).
- **Black Flags:** Non-negotiable deal-breakers that signal it's time to walk away (e.g., abuse, manipulation).

### Examples from the Book:

- **Green Flag Example:** They actively listen and show genuine interest in your thoughts and feelings.
- **Red Flag Example:** They often cancel plans last minute without explanation.
- **Black Flag Example:** They display controlling or abusive behavior.

### Reflect on Past Relationships

**Instructions:** Think about previous dating experiences and classify behaviors you've encountered as green, red, or black flags.

Behavior	Type of Flag (Green/Red/Black)	What Did You Do?
Example: They consistently checked in on how my day was.	Green	Appreciated and reciprocated.
Example: They criticized me in front of friends.	Red	Brought it up and asked for clarification.
Example: They lied about their relationship status.	Black	Ended the relationship immediately.

## Identifying Your Own Flags

**Instructions:** Use the prompts below to define your personal green, red, and black flags.

### Green Flags

1. What qualities make you feel valued and respected? (*Example: "They remember small details I share."*)

Answer:

2. What actions build trust in a relationship? (*Example: "They follow through on their commitments."*)

Answer:

### Red Flags

1. What behaviors make you feel uneasy or uncertain? (*Example: "They avoid discussing their past relationships."*)

Answer:

2. What patterns have caused issues in your past relationships? (*Example: "They prioritize friends over spending quality time."*)

Answer:

### Black Flags

1. What are your non-negotiables in a relationship? (*Example: "They disrespect my boundaries or values."*)

Answer:

2. What behaviors immediately signal it's time to end the relationship? (*Example: "They use manipulation to get their way."*)

Answer:

Swipe, Match, Love: New Rules for Modern Dating