



UNAPOLOGETICALLY

Reborn

RED FLAGS

I Ignored

A RELATIONSHIP REFLECTION WORKBOOK

The goal isn't to shame your past choices — it's to honor your growth, protect your peace, and choose yourself this time. ♥



WHY WE IGNORE RED FLAGS

Red flags don't always look like yelling or cheating. Sometimes they look like potential, promises, chemistry, or a version of love we wish was real.

We ignore them because:

- ✓ We want to believe the good we see.
- ✓ We fear being alone.
- ✓ We hope they will change.
- ✓ We confuse intensity with love.
- ✓ We settle for familiar treatment.



OUR PAST TEACHES US.
OUR AWARENESS PROTECTS US.

COMMON RED FLAGS PEOPLE MISS

 INCONSISTENCY Hot one day, cold the next. You never know where you stand.	 AVOIDS ACCOUNTABILITY They make excuses, blame others, or never take responsibility.	 EMOTIONAL UNAVAILABILITY They can't open up, be vulnerable, or have real conversations.	 DISRESPECT Small disrespect today becomes deep wounds tomorrow.	 SECRETIVE BEHAVIOR Hiding their phone, their life, or their intentions.
 CONTROL They want control over your time, decisions, or relationships.	 POOR COMMUNICATION They shut down, dismiss your feelings, or won't communicate at all.	 LOVE BOMBING Over-the-top attention early on to gain your trust quickly.	 DISREGARDS BOUNDARIES They push, guilt, or ignore the word "no."	 PATTERNS DON'T CHANGE You've seen the same behavior repeat, but hope keeps you holding on.

FAMILIARITY VS. HEALTHY LOVE

FAMILIARITY (DOESN'T MEAN IT'S GOOD)

- ✗ Feels like anxiety, walking on eggshells
- ✗ You feel confused more than connected
- ✗ You feel drained, not inspired
- ✗ It reopens old wounds
- ✗ You have to shrink to keep the peace

VS.

HEALTHY LOVE (WHAT YOU DESERVE)

- ✓ Feels calm, consistent, and safe
- ✓ You feel seen, heard, and valued
- ✓ You feel energized and supported
- ✓ It helps you heal and grow
- ✗ You can be fully you without fear

REFLECTION QUESTIONS



What red flags did I notice but minimize?



What was I afraid would happen if I walked away?



What did I hope they would become?



What patterns do I refuse to ignore now?



How will I choose myself differently this time?

“

You didn't ignore the red flags because you were naive.

You ignored them because you were hoping.

Now that you know better, you can choose better.

”

WHAT TO DO NEXT



ACKNOWLEDGE
Be honest about what you saw and ignored.



RELEASE THE SHAME
You did the best you could with the awareness you had.



PROTECT YOUR PEACE
Boundaries today prevent heartbreak tomorrow.



RAISE YOUR STANDARDS
You teach people how to treat you.



CHOOSE YOU
Every time. No exceptions.

WHAT I WILL NO LONGER TOLERATE (MY NON-NEGOTIABLES)

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

*I'm no longer available for what ♥
doesn't align with my peace.*

REMINDERS FOR YOUR HEALING



You are not too much.
You were just with the wrong person.



You deserve to feel safe, not confused.
You deserve consistency, not mixed signals.



Healing is not forgetting.
It's choosing yourself differently.



You are becoming the person
you needed all along.

*This is where survival ends
AND CHOICES BEGIN.* ♥



REFLECT. LEARN. HEAL. GROW. REBORN.

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