

Secure Relationship Green Flags Checklist

Most green-flag lists describe a pleasant person. Punctual, funny, texts back, remembers your sister is called Ruth. All of that is nice and almost none of it tells you how somebody behaves once something is at stake, which is the only place attachment shows up at all. The items that predict anything are slow. They need a disagreement, an inconvenience, or a bad month before they can be seen. So this checklist is grouped by how long each one takes to observe rather than by theme.

Who this is for: You keep meeting people who look right on paper and go wrong at about month four, and you want to know what you should have been watching instead.

The five groups

Group A: visible in one conversation

Four items you can see before the coffee is finished.

Talked about an ex without making them the villain. What was said:

Named something they got wrong themselves, unprompted:

Let a small disagreement stand without needing to win it:

Asked something and then listened to the answer. Example:

Group B: needs about three weeks

Consistency, which cannot be observed in a single sitting.

Plans made and kept without being chased. Which ones:

The contact rate in week three compared with week one:

The first inconvenience, and how it was handled:

Anything said early that has since quietly stopped:

Group C: needs a first disagreement

Five items, and almost everything predictive is here.

What happened in the first ten minutes of the first disagreement:

Did they come back to it, and how long did that take?

Was anything conceded, by either of us?

Is the subject still sayable, or has it joined a list?

Did my no survive, or was it worked around?

Group D: needs about six months

What happens once the relationship has some weight to it.

Something they noticed about me that I had not mentioned:

How their friendships and family have held up alongside this:

A hard conversation that happened without a build-up:

Do their friends know the same version of us that I do?

Group E: only shows up in a crisis

Three items you cannot arrange and should not test for.

The last time I was genuinely struggling. What did they do?

The last time they were. What did they let me do?

What happened to the practical things nobody wanted to deal with:

What your ticks add up to

How to read your own sheet without turning it into a score.

Which group do my ticks stop at?

Is that because the item is absent, or because it has not come up?

The one blank in group C I would most like to see filled:

What have I been counting that actually belongs in group A?

This worksheet is free to print, photocopy and share, including with clients. It is self-reflection material, not a diagnosis, an assessment or a substitute for professional support. If a relationship involves fear, control or coercion, or if working through this raises more than feels manageable, please speak to a doctor, a therapist or a domestic abuse service.