NOVA WELLNESS COLLECTION INC.
Let's Heal Together
Thenovahub.net

RED FLAG OR MISUNDERSTANDING?

DATE _____ **TIME** _____

Look at the pattern. Check the impact. Trust what you notice.

1. WHAT HAPPENED?

_____
_____
_____
_____
_____

2. HOW DID IT MAKE ME FEEL?

- ☐ Confused
- ☐ Hurt
- ☐ Pressured
- ☐ Guilty
- ☐ Unsafe
- ☐ Dismissed
- ☐ Anxious
- ☐ Other: _____

3. DOES THIS FEEL LIKE A ONE-TIME ISSUE OR A PATTERN?

- ☐ One-time
- ☐ Unsure
- ☐ Repeated pattern

4. RED FLAG SIGNS

- ☐ Blame shifting
- ☐ Lying
- ☐ Control
- ☐ Threats
- ☐ Disrespect
- ☐ Boundary pushing
- ☐ Isolation
- ☐ Manipulation

5. MISUNDERSTANDING SIGNS

- ☐ Poor wording
- ☐ Mixed expectations
- ☐ Stress
- ☐ One-time mistake
- ☐ Repair attempt
- ☐ Accountability
- ☐ Willing to clarify
- ☐ Changed behavior

6. DID THEY TAKE RESPONSIBILITY?

- ☐ Yes
- ☐ Somewhat
- ☐ No

What did they do? _____
_____
_____

7. WHAT DO I NEED NEXT?

_____
_____
_____
_____

Confusion is a signal. Patterns matter.

LET'S HEAL TOGETHER!

Nova Wellness Collection Inc.

For reflection and self-support; not a substitute for professional care.