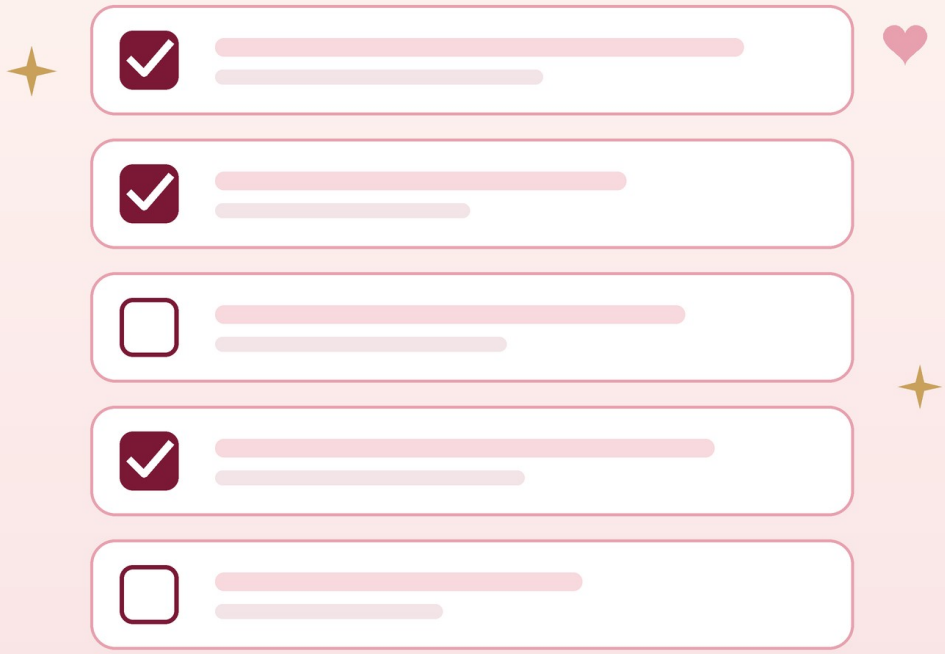
LOVE ADVICE FOR WOMEN



The Signs Cheat-Sheets

Six one-page guides to the patterns women ask about most

CHEAT-SHEET BUNDLE

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How to Use These

Each sheet is a single page. Read the signs, tick what applies, and use the "what to do" list as a starting point. One tick is information. Several is a pattern.

Before you start

- These describe patterns, not people. No sheet can diagnose a relationship.
- Ticking boxes does not mean you must leave. It means you now have words for what you feel.
- If you ever feel unsafe, that overrides everything here. Reach out to someone you trust or a local support service.

Inside

1. You are doing all the emotional labor
2. You are in a rebound relationship
3. Knowing when to walk away
4. Handling a first-date red flag
5. Financial red flags
6. Signs you are in a situationship

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1. You Are Doing All the Emotional Labor

When you are the one who manages the relationship, its feelings and its logistics, quietly and without thanks.

The signs

- ☐ You are always the one to start the hard conversations.
- ☐ You manage his moods more than your own.
- ☐ You remember the birthdays, plans and important dates, for both of you.
- ☐ You rehearse how to say things so he will not get upset.
- ☐ You are the one who apologizes first to keep the peace.
- ☐ You feel tired in a way that rest does not fix.

What to do about it

- Name it, calmly and without blame: "I have noticed I carry most of the planning and the emotional work."
- Make one specific request instead of a general complaint. "Can you plan Saturday?" beats "You never plan anything."
- Stop pre-managing. Let him experience the consequences of things he leaves undone.
- Watch whether he changes after you ask, or whether nothing does.

> **Ask yourself:** Do I feel supported here, or do I feel like the person holding everything together?

My notes

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2. You Are in a Rebound Relationship

When a relationship starts fast, mainly to fill a space left by the last one.

The signs

- ☐ It moved unusually fast, with big declarations early on.
- ☐ You feel like you are filling a role, not being seen.
- ☐ He talks about his ex a lot, positively or bitterly.
- ☐ He avoids being alone and needs constant company.
- ☐ He has not really processed the last breakup.
- ☐ Conversations stay surface-level and skip anything painful.

What to do about it

- Slow the pace on purpose, and notice how he responds.
- Ask directly: "How are you feeling about your last relationship?"
- Give it time. Real readiness shows up as reflection, not as speed.
- Decide whether you are willing to be someone's transition, not their choice.

> **Ask yourself:** Is he choosing me, or is he choosing not to be alone?

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3. Knowing When to Walk Away

A gentle guide for the days you cannot tell whether to stay or go.

The signs

- ☐ The same issue keeps repeating despite conversations.
- ☐ You are more anxious than at peace most days.
- ☐ You would not want this relationship for a friend in your position.
- ☐ You feel smaller, quieter or more careful than you used to.
- ☐ You are staying because of what it could be, not what it is.
- ☐ Your gut has been telling you something for a while.

What to do about it

- Write down what has actually changed in the last three months. Facts, not hopes.
- Talk to one trusted person who will be honest with you.
- Set a realistic timeframe, and a specific request, and see what happens.
- Remember: you can love someone and still recognize you are not compatible. That is maturity, not failure.

> **Ask yourself:** If nothing about this ever changed, would I still choose it?

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4. Handling a First-Date Red Flag

What to do when something feels off early on.

The signs

- ☐ He was rude or dismissive to the waiter or staff.
- ☐ He spoke badly about all of his exes.
- ☐ He pushed your boundaries, however lightly, and laughed it off.
- ☐ He talked mostly about himself and asked little about you.
- ☐ His story changed or did not add up.
- ☐ You felt uneasy, and you are not sure why.

What to do about it

- Trust the first instinct. Do not explain it away.
- Ask a direct follow-up question rather than ignoring it.
- Let one flag be information, not an automatic dealbreaker.
- Watch for a pattern on the second date. One off moment is data; three is a pattern.

> **Ask yourself:** If a friend told me this story, what would I tell her?

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5. Financial Red Flags

Money habits are relationship habits. These are signs to take seriously.

The signs

- ☐ He is secretive about money.
- ☐ He expects you to cover his instability.
- ☐ He makes big purchases with no discussion.
- ☐ He uses money to control or to keep you dependent.
- ☐ He avoids any conversation about finances.
- ☐ He borrows from you and is vague about paying it back.

What to do about it

- Have the conversation early, and keep it plain: income, debt, and how each of you thinks about money.
- Keep your finances separate until trust is proven over time.
- Do not lend money you cannot afford to lose.
- Notice how he reacts when you ask. Defensiveness is information.

> **Ask yourself:** Would I be comfortable if he saw my finances the way I am seeing his?

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6. Signs You Are in a Situationship

When it feels like a relationship but nobody will call it one.

The signs

- ☐ You have never had a clear conversation about what this is.
- ☐ Plans are last-minute and on his terms.
- ☐ You are not introduced to the people in his life.
- ☐ It is warm one week and distant the next.
- ☐ You feel anxious about asking where this is going.
- ☐ You want more clarity than he is giving you.

What to do about it

- Decide what you actually want, before you ask what he wants.
- Ask for clarity once, clearly, and listen to the answer he gives with his actions.
- If you want to step back, a line to reach for: "I need something with more clarity than this can offer. I am going to step back."
- Save that line before you need it.

> **Ask yourself:** Am I choosing this, or am I waiting for it to become something else?

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One Last Thing

The right relationship will not require you to shrink to fit it. If you are getting smaller, that is your answer.

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