

Red Light, Green Light Scenarios

What if your friend or boyfriend / girlfriend / partner...

1. tells you what clothes to wear?
2. gives you the silent treatment when they are mad?
3. criticizes you, but tells you that they are just trying to help?
4. attends your events and cheers you on?
5. takes it out on you when they are in a bad mood?
6. tries to pressure you into doing things that you do not want to do?
7. makes comments about your appearance on social media?
8. wants you to quit an activity, even though you love it (such as the cadet / JCR program)?
9. tells you that you are great just the way you are?
10. reacts in a physical way when they are angry—maybe throwing or breaking things?
11. constantly checks in with you?
12. keeps their personal feelings to themselves?
13. sometimes scares you or makes you feel nervous? or
14. remembers things that are important to you?