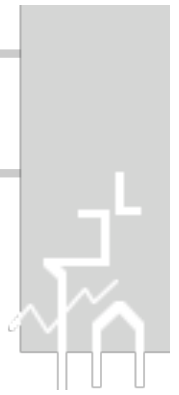


# **RED FLAGS**

## *FOR RELATIONSHIPS AT WORK*



*Following is a list of indicators of possible problems in relationships at work. In reviewing the list, consider how frequently these dynamics occur in your life. A higher frequency usually means there are problems with maintaining boundaries and objectivity.*

1. Losing sleep because of relationship problems at work
2. Immersed in thinking about situations and problems with relationship(s) at work
3. Attempting to control relationship pressures by making promises that aren't kept
4. Making threats
5. Having increasingly negative attitudes toward other people
6. Overusing distractions such as eating, drinking, spacing out on TV or videos
7. Thinking that everything would be OK if the relationship changed
8. Feeling alone, rejected, fearful, angry, guilty, or exhausted
9. Feeling an increasing dislike of oneself or someone else
10. Having moods fluctuate as a direct result of the relationship concerns
11. Trying to deny or conceal problems in the relationship at work
12. Covering for and protecting others
13. Feeling responsible and guilty for the challenges facing another
14. Withdrawing from friends and outside activities
15. Taking over responsibilities that used to be handled by another person
16. Experiencing an increase in financial problems because of the relationship and its demands (consider health costs and associated expenses)
17. Trying to justify one's feelings and behavior in reaction to one's behavior
18. Having physical symptoms like headaches, indigestion, nausea, or chronic illness
19. Feeling defeated, chronically depressed or hopeless
20. Ignoring or devaluing spiritual disciplines
21. Finding that the situation negatively affects one's sexual relationship
22. Witnessing stress and behavior changes in one's children's that could be related to one's involvement in the relationship(s) at work