

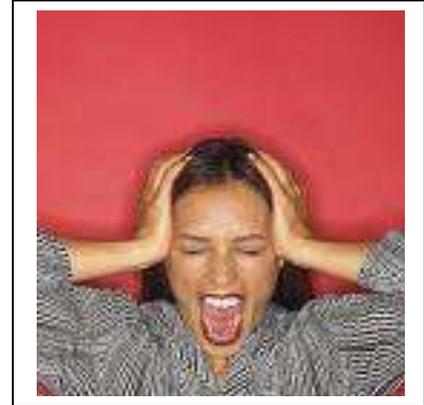


# Analyze *THIS*

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## Relationship “Red Flags”:

- The person uses harsh words and name calling to criticize you
- The person is controlling, bossy, and demanding
- The person blames you for things that are not your fault
- The person does not let you speak your mind
- The person makes fun of, belittles, and demeans you and your opinions
- The person inflicts physical or emotional harm



Some may relate to these and need to reevaluate the relationship.

## If you're thinking “None of my relationships have these red flags,” have you ever thought about the relationship you have with *yourself*?

Usually when we think about “red flags” in a relationship, we think about all the things that the other person says or does that may be questionable and or harmful, but we fail to examine how it is that we treat ourselves. Do you tend to treat yourself significantly worse than you treat others? **Unfortunately, many of us have compassion, love and grace for others and not for ourselves, feeling that to do so would be selfish and perhaps hinder growth. This deceit makes cruel self-treatment seem noble and spiritual.**

Here are some common ways that we are cruel to ourselves:

- **Harsh self-criticism** (you say/believe mean things about who you are as a person that you would never say to or believe about another person)
- **No permission to Rest** (you frequently push yourself beyond your capacity. You will not give yourself a break or allow for adjustments due to how much space you have in your life)
- **Self-Blame** (incorrectly attributing error to yourself when you really did nothing wrong—feeling at fault or responsible for another person’s choices)
- **Keeping Quiet** (not letting yourself voice your beliefs, feelings, and desires even when it’s appropriate to do so)
- **Self Deprecation** (minimizing your efforts, belittling your opinions and ideas, making fun of yourself to the point where others may have to affirm you)
- **Physical/Emotional Abuse** (constantly pushing your body to its limit without any restoration, the introduction of harmful substances to the body, indulging in anything to the point of harm.)

## Why work on getting rid of that mean inner voice?

A wise person once said that using fear and harsh words may get someone to get in the right place or “toe the line” but *it will never keep them there*. Grace, love and compassion paves the way for true, *lasting* transformation—for others *and* for you.