

## Red Flags & Green Flags:

### What to Look for in New Connections


 *People who leave me feeling unseen or judged:*

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 *People who make me feel safe, valued, or inspired:*

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 *Signs I've ignored in the past that I won't ignore now:*

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 *3 qualities I want more of in my friendships:*

1. 

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2. 

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3. 

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