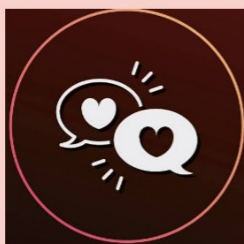


1 Intensity & Speed

These behaviours often appear quickly and feel overwhelming rather than comforting.

They declare love or deep feelings very quickly and mirror your personality, interests or values *too* perfectly.



2 Isolation Tactics

These are designed to separate you from your support system.

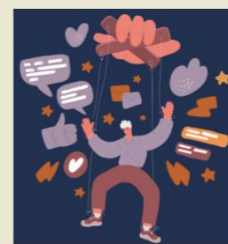
They discourage you from talking to friends or family and frame others as “jealous”, “negative”, or “against your happiness”.



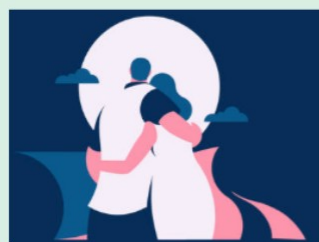
3 Manipulation Patterns

These behaviours create emotional dependency on them.

They guilt-trip you when you set boundaries, become upset if you don't reply immediately or create chaos & crises that only you can “fix”.



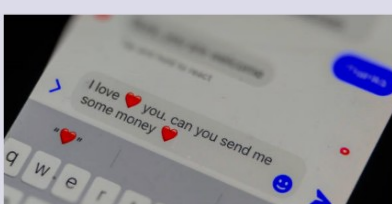
6 Red Flags in Online Relationships



4 Future Faking

They make promises designed to keep you emotionally invested.

Plans to meet always fall through with sudden changes in availability and elaborate excuses that don't make sense.



5 Financial Grooming

This often starts subtly with hints about hardship or bad luck.

They test your willingness to help with “just this once” requests or pressure to prove your love through money.



6 Your Internal Signals

Your instincts matter!

You might start to feel drained or confused, rushed or pressured and somehow responsible for their emotions or wellbeing.