

## Transcript for Toolbox | Relationship Red Flags (Episode 230)

### Full show notes found here:

<https://theartofcharm.com/podcast-episodes/episode-230-aoc-toolbox-red-flags/>

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All right guys, welcome back to the show. Here with AJ again on a Toolbox doing some relationship red flags. You know the stuff that she does and as AJ you brought up before the show, the stuff that you do that kind of says undatable.

AJ: Exactly.

JORDAN: I think it's -- you made a really good point right before we started too. Right before we flipped the switch here. You'd said,

"Listen you know, you're always going to date somebody that's got one or two of these and also, you've got to look in the mirror sometimes." I think that's important.

AJ: Yeah so as we work our way through this list it's important to realize not only is potentially your new significant other exhibiting these or are you in a way being jealous being needy? Because those things can push her away. You know, at the start, at the honeymoon phase, as we like to call it, it's kind of easy to look over a lot of these things --

JORDAN: Yeah.

AJ: -- the sex is great. It's great to have a companion but these ultimately can make or break a relationship later on that's why I wanted to let you guys know ahead of time that these are some things to look for in a person that could come to hurt you later on.

JORDAN: Yeah I think that's a really excellent point. You know, these are things that fester over time. And also you're going to -- anybody you date is going to have one, two, three of these things. Maybe some appear over time and others go away but the problem is, you've got to look at these in sort of like clumps, right?

AJ: Yeah it's baggage. Does she need a bellhop?

JORDAN: Yeah.

AJ: Or you know, is she packed light?

JORDAN: It's sort of one of those things you have to look at as a whole. You can't sit there and go, "Oh, well, you know she is -- talks about her ex a little bit so, 'Adios!'" and everything else is in place. It's -- some people have to be forgiven for certain things. If you start finding yourself making excuses like, "Yeah she's jealous and crazy but man she's hot." And, "She's always blames her ex for all the relationship difficulties but oh, you

know she's really good in bed. Oh, you know and also she's not really respectful of me but she's really cool when she is." If you start rationalizing stuff like that all the time, you're going to end up miserable. So it really is about the whole equation I think, as you sort of brought up before we flicked the switch here and started recording. Because I -- I honestly think that, and obviously nobody's perfect, so you can't really -- you can't take a list of 20 things and be like, "Oh, you had a shade of one of those last week so I'm going to dump you."

AJ:

Yeah in my mind, there's really three layers of compatibility and chemistry, so to speak, that we need to be aware of when meeting someone new. The first one's obviously physical. As you guys know, we're pretty big on the physical, making sure that the sex is great and we feel satisfied there. There's also the emotional. Does she become overreactive at times. Do your emotions match each other? Do you see that she's laid back and maybe you're high strung? That's very important. And then the third is intellectual. Obviously if you're meeting someone and you're trying to start a relationship, you're going to spend a lot of time not being physical, a lot of time talking with each other. Can you carry a conversation. Does she have the same interests intellectually as you. A lot of times we sacrifice those things simply for the physical, and then we're going to look past some of these red flags that point to those imbalances in that chemistry.

JORDAN:

Yeah that makes a lot of sense. You know you've got to have all of those pieces in place, otherwise your relationship is not going to work out long term. We've seen it happen a million times as coaches. People who are paying attention have seen it a million times just in the divorce rate here in the States, and everywhere else for that matter. So what first do we look for? I mean, in my experience especially -- and by the way, this is not a list of online dating red flags, there's a million of those. That's not what this is about. You can apply some of these things to the girls you're dating from websites if you're doing that but don't try to, you know, recalibrate this for someone's

profile or something. It can get messy and sticky when you start to do that.

AJ: Right. This is for the phase of getting to know each other after going on the second or third date and really exploring the option of a relationship. There are things you're going to look for in the way that she's behaving or some of the things that she's saying, that can lead to issues later on down the road.

JORDAN: So one of the things that I think happens, especially to younger people, but still everyone is susceptible to this, is do you like her or do you just like that she likes you? And biology dictates that people who are accessible to us are more attractive but you don't want to take that to an extreme and go, "Oh, well I never looked at her before but now maybe I am kind of interested." It's like Vince Vaughn in that -- in [Wedding Crashers](#) where he's like, "Is she not interested? Am I not interested? Is she started to get interested so maybe now I'm interested?" It's kind of like that but you definitely don't want to be thinking, "Oh, you know what? I didn't care about Janet at all but now that I heard she has a crush on me, I'm going to do that." Because then you're just looking for validation and you're basically just stringing this person along or teasing them. And it feels good to you at the time because you feel like you're getting some validation, your ego is getting a nice little dopamine rush, but it's bull\*\*\*\* in the end.

AJ: Yeah and you're not going to be able to give her back that time that she's spent on you. So that's really important. That can lead to a boatload of resentment that you don't want to be on the receiving end of.

JORDAN: Exactly, and we'll probably have to do another show about how to let someone down easy but this is not the format for that. Or at least not the time. She moves too quickly. Is she afraid to be alone? Does she think being in a relationship will solve all of her life issues and problems? This is one of those where you've got to look in the mirror because honestly, I think it's really hard to know somebody that early that well, but you damn well

sure know if you're just afraid to be alone. Especially if you're on a rebound from another girl and you think, "Oh, you know, if I get a girlfriend, then I'll feel confident and then I'll be able to get more friends and then I'll be able to da da da da da." It's the other way around. So if you're trying to be in a relationship because of that, you're barking up the wrong tree.

AJ: Yeah if she has her toothbrush in her purse and she's ready to move in --

(laugh)

AJ: -- and you're, you know, kind of on the fence, but again the physical might be there. This is something to pay attention to because a lot of women, especially coming out of a previous relationship, are clinging to that other person and need that in their lives and you don't want to fall into a situation where you rush things with someone that you didn't really know.

JORDAN: Right.

AJ: In fact, a lot of guys that are sitting on our couch on Tuesday for programs here at The Art of Charm, have this issue. One of the biggest things is they feel that they settle too easily because she pushed really hard and she moved things really fast. So you're like, "Yeah, you know what this sounds good."

JORDAN: Yeah.

AJ: And that rationalization can lead to -- obviously a trip to The Art of Charm but also a lot of heartbreak.

(laugh)

JORDAN: Not to say there's anything wrong with a trip to The Art of Charm but yes. And also you can tell these little sort of sub red flags here are asking for intimacy or exclusivity way too early. You know the girl that you're on a second date with and she says, "Oh, I want to make sure that you're serious. Da da da da."

We hear stories about this all the time from certain types of girls and it's -- it's like, "Whoa man she put your engagement timeline on the table on the first date?" This sounds like --

AJ: Right. You guys talked about kids at Starbucks?

JORDAN: Yeah it sounds like a business transaction. Now sometimes you might get into the topic of conversation about children and life desires, that's different than, "How many kids do you want? When do you want to be married by? You know, I'm 29 so da da da da da. I got have a ring by September." That is all very unappealing and also, quite frankly, crap judgement -- evidence of crap judgement. And you definitely don't want somebody with crap judgment in a partner.

AJ: Mm-hmm.

JORDAN: That's a terrible trait to have.

AJ: Well rushing into bigtime life decisions needlessly can definitely lead to heartbreak.

JORDAN: Yeah it -- the other thing is definitely and this goes -- this is very obvious to most, and also a little bit more rare, but not as rare as it should be. You've got to pay attention. If she puts you ahead of her kids, you've got to pay attention it's -- you might think, "I'm the man and she's, you know, really invested in our relationship. Look she get's a babysitter or her mom takes care of the kids every weekend so we can hang out." That is how she's going to treat you later on, in the relationship. She's going to put other people, other things ahead of you. Those are her kids. You've been dating for X number of weeks or months. Get some perspective, she doesn't have it. Get out of there.

AJ: Right. I mean, any time you're dealing with someone who has children from another previous relationship, it is important to sort of look at the relationship they have with their children and where they prioritize that. And obviously where you fall in line. Someone you're meeting for the first time, to jump to the

front of their list above even their job, you know sometimes they can prioritize you to the detriment of their career. Especially early on, that's a huge red flag.

JORDAN: Yeah that's definitely not something you want to be dealing with in terms of a partner. And also, are they fresh out of a relationship? You know if you've been through a breakup, which we all have, you know that it takes a long time to get over that completely. So if she's fresh out of a relationship, she's recovering, that doesn't really give her the opportunity or time etcetera, or focus to really concentrate to focus on you. And so, that also leads to the fact that she very well might be using to you to fill up her loneliness and this could be subconscious. This doesn't mean she's like, "I'm lonely, I'm going to get another boyfriend." It's just something that happens when there's a vacuum in your heart because somebody else left. Especially if they mistreated her, you know or cheated on her. All that baggage so fresh that open wound is right there. You might think, "Wow I met this incredible person." She's bending to squeeze you in there. It's not a good fit and even if it is, you don't know that and neither does she.

AJ: And she probably hasn't fully healed from the situation then when that occurs a lot of baggage from the previous boyfriend could be dumped on your lap, dealing with the way treated her versus the way you're treating her.

JORDAN: Exactly.

AJ: SO that's a situation where you tread lightly. Now we're all going to be in situations where we're meeting people who are getting out of a relationship and who are on a rebound. That's fine but those are the situations where you take slowly. You don't rush into things and that's why we call this a red flag.

JORDAN: Yeah, I agree 100 percent. And you know, respect sort of comes into play here, speaking of. If you have to think -- and this is the quote we're going to get back in emails from guys who are like, "Oh, my God, you guys are right!" If you have to think about

whether or not she's treating you with respect, you're thinking too hard already. She shows up late, she acts rude to your friends or you for that matter, she's overly demanding, you've got to say goodbye. You deserve better. You've got to stop making excuses for her. We do this with people in our lives all the time, our bosses, our family members. You definitely don't want to have to do it for your girlfriend. So knock it off.

AJ: Yeah you should never be her doormat. She should not be walking all over you and if you don't respect yourself, she's not going to respect you. And part of respecting yourself is not letting those people into your life.

JORDAN: Exactly you set up boundaries early because even a nice girl, who finds that you're a doormat, is going to start to sort of grow into that. And that might mean that she starts resenting the fact that you don't have boundaries, so she starts to test you and you keep failing by trying to please her. That's how your marriage fell apart, dude who's listening to this right now. That's how it happened and you know it. Everybody's got their little quirks like we said. You know some people are going to have some of these, some people are going to have a lot. It's up to you to sort of find that balance. You've just got to make sure you're not rationalizing. But if she can't stand your quirks now, she's going to resent them later and she's going to resent you later. If she's always correcting your behavior in a serious way, you know, she's going to hate that about you. It's only going to get worse. It's not going to get better. Setting boundaries early is how it happens. You don't set boundaries when you've been married for 20 years. Ask any married guy ever.

AJ: And think about it right? If she's already pointing that out on the honeymoon, what's going to happen when other \*\*\*\*'s hitting the fan?

JORDAN: Yeah.

AJ: Those are going to become glaring issues to her. And it's going to undermine your relationship.



JORDAN: Yeah I agree. And you know, look for that same pattern in other people. If she's got frequent fallings out with other people, she's got a revolving door of friends in her life, you ask her who her best friend is and she has to think about it for a while, all of her friends are people she's met in the last six months to a year, big problems. And dramatic crazy women, inability to tolerate other people, that is a giant issue.

AJ: Right I mean, her ability to nurture other relationships in her life is important. If you find that she's a bit of a loner, or her relationships tend to be very surface level, there could become a codependence there, that could be really troubling where, let's say, further on down the line, God forbid you do have to break up, you're the only person in her life.

JORDAN: Yeah.

AJ: Imagine how capable she's going to be of getting back on her feet after something like that. So if you're seeing these signs, right, these are red flags. Right? If you're seeing that you want to have a guy's night out and she's like, "Uh, I'm just going to sit at home because I have nothing going on," or she doesn't really get along with her coworkers and everything is over dramatic and it seems like, in her mind, the world is out to get her, she's playing the victim, it's only going to get worse as the relationship progresses.

JORDAN: Yeah, I think you're spot here. I mean, if the only -- the way you can look at this also is if the only people in her life, are people that she sees like once every month or every week, if that, you don't know -- you don't go, "Oh, you know what? She's got plenty of friends that she's known forever like, some person that she worked with for a while or some people that she doesn't see very often who work at the gym," or something like that. You have to look at close relationships of people that she spends a lot of time around and sees regularly, because if you try to measure just by the time she's known someone, that's a

-- that's a problem.

The more time she spends or the more time a crazy person spends with somebody, the more likely a blowup is to occur. So if all their close friends are people they met while out partying, they can't really trust anybody close, that's a big problem. It's going to happen to you or she's going to push you away. It's just not worth having that. You're just -- the only -- if you're the guy who's friends with a girl that doesn't have any close friends, you're not just the center of her universe, you're just the late one to the party who hasn't figured out that she's got issues that need to be dealt with.

AJ: Right. Odds are she's pushed other people away and you're going to be on the receiving end at some point. And it's important to realize that we need to be able to have quality relationships outside of with the opposite sex. It's very important to having a healthy, happy lifestyle. So if you find that you are the center of her universe and then all of a sudden you're no longer willing to be part of that universe, guess what? It's going to be pretty awful.

JORDAN: Yeah it's going to be really messy and speaking of time frames, people who are involved in activities that are sort of short lived, like those people -- especially in L.A. this happens a lot. Whenever she starts something new, it's amazing, everyone's got to know how awesome it is, everyone's got to do it with her, but then like two, three weeks later, or two, three months later, the yoga mat's in the corner or whatever and nobody's doing it anymore. Normal girls far less frequently do new things but by comparison, you know, they love the things that they do less and they stick with these things more often for longer periods of time.

So people who have a few hobbies, they get good at it, they've been doing it for a few years, much better than the person who signs up for something and then doesn't even finish like the introductory class to that particular topic. The difference is mostly time orientation. You know crazy people -- and we're

using the term crazy pretty loosely -- they pick things that make them feel good right now. Stimulation goes away, fades out -- that's a problem and that's going to happen -- that's a metaphor for your relationship.

AJ: Yeah it's a little bit of commitment, right. And our good buddy Robbie always says, "How you do anything is how you do everything." So if she can't stick with yoga and then she's turning on to CrossFit and then the next thing you know she's retiring those running shoes and now she's doing Pilates, all within the three weeks you've known her, she probably has some significant commitment issues. And that's running the gamut from not only her hobbies and the way she looks at fitness, but also the way she views all activities and ultimately you're going to be next to the yoga mat in a few months.

JORDAN: Yeah. Yeah. The distinction to be made here is there's some people that try a lot of new things and that's great. There's nothing with trying things to see what fits. The difference is, are they doing it because they get an endorphin rush or dopamine rush from doing something new that's cool and trendy or are they in it for personal growth and personal development? So they tried running, didn't like it, tried CrossFit, didn't like it, love yoga. But if they've done 10 different things and now we're on to number 11, you start to get a feel for their pattern and you know, a lot of people who have healthy hobbies do it for getting out of the house, relaxing, personal growth. If they're doing it for stimulation, that's no good.

AJ: And the other thing is, the language she's using right? Always talking about it in extremes. "Oh, my God, this is amazing!", but everything you hear out of her mouth amazing. You've got to start to wonder, "Okay, how can this be?, " right? So someone who talks in absolutes like that, doesn't really have a firm grasp on reality and is probably not looking at things clearly. So right now she may be looking at you as being, "Everything's amazing, this is the best new thing," --

JORDAN: Mmm.

AJ: -- but in a few weeks, as I said, you might be sitting next to the yoga mat unused.

JORDAN: Yeah, nice. Yeah I suppose you could always eat dinner on the floor. Speaking of that if she's acting rudely, disrespecting other people during the date, or especially mistreats parents, family, or friends in front of you, especially like people that are service positions that she deems of having no real value like the cab driver. She's a crazy person to the cab driver, the waiter, the valet. One day you are going to be on the receiving end of this and it's not going to be just once. It's going to be, once she stops seeing you as somebody who she needs or that she loves, you know like she did the day you guys met, that's you. You're the valet.

AJ: You know this is kind of linked to the relationship friendship angle, right? If she struggles with human communication, and dealing with people in a respectful manner -- people that are helping her, people that are beneath her. Whether it's a janitor or a homeless person or the valet, odds are that she's a little out there in terms of mental stability and as Jordan said, you're going to be on the receiving end of that except in a much more painful way when she's moving her \*\*\*\* out of your place.

JORDAN: Yeah, definitely. And now jealousy is a huge issue that we talk about a lot. People write in all the time. It's one of the most annoying things that you'll have to deal with in your own life, and so you've got to kind of calibrate this because everybody gets jealous but -- jealous lovers thought, looking back on the conventional wisdom and looking back at all the flags, it's always 20/20 hindsight. Jealous lovers are obvious from the start. If you're on a date with somebody who's got a jealous streak, you can look for the following signs. Asking way too many questions about your past relationships, asking too many questions about the type of person you're attracted to, what else AJ?

AJ: I mean needing to see your phone, right? If she's grabbing your phone --

JORDAN: Oh, man.

AJ: -- or she's looking over your shoulder at everything you're doing. Those moments where maybe she's sneaking around on your laptop on the second date. She's checking her email but she's going through your bookmarks. Like, those are little signs that she's not trustworthy because --

JORDAN: Right.

AJ: -- she doesn't trust you yet.

JORDAN: Yeah.

AJ: And there's no reason you're starting a relationship at the very beginning to have that much distrust. Right? That's understandable if something has been amiss, if you have done something to make her feel that lack of trust, but in the very beginning if she just starts off very untrustworthy of things and is constantly asking you a zillion questions, "Well where'd you go with your boys? Where exactly were you at? How long were you there? Who were you with? Who's this girl? Why'd she like you on Facebook?" stuff like that, early on can point to a very strong jealous streak that is never going to be overcome. That's the thing. Like if she can't control her jealousy at the very beginning when again, at the start of a relationship, everyone is presenting their best side. Right?

JORDAN: Mm-hmm, yeah.

AJ: You're seeing the best version of her. So if the best version of her has a strong jealous streak, then imagine how that streak's going to look on the worst side of her when you may have screwed up or maybe you didn't screw up but she's felt you'd screwed up.

JORDAN: Right.

AJ: So, anytime I've been in a situation where girls ask a heck of a lot of questions about my past, have a lot of interest in my Facebook and sniffing around there, and who grab my phone when I'm not around or are peeking over my shoulder when I'm texting my friend, those are huge red flags to me.

JORDAN: Yeah, I think that that makes a lot of sense and I can just imagine some girl looking through my bookmarks --it's going to be like, Facebook, Pornhub, Facebook, Facebook, Pornhub, Pornhub, Facebook, Pornhub, Facebook, Gmail. Nothing really interesting in there.

AJ: I love that Gmail is number 10.

JORDAN: Yeah.

AJ: Understand why you don't answer my emails.

JORDAN: Priorities. Too good to be true, you know? You ever notice those pillows on the couch and they've got like a little embroidered proverb? Your grandma probably made some. The world is literally -- no it's not literally. The world is figuratively, not literally, decorated with those little pillows that offer some sort of expression about how things that appear too good to be true, are B.S. It's natural when you're first dating somebody, to put your best foot forward, but it's not natural to be full of crap and lie about stuff. And the best case scenario, somebody who appears too good to be true, is probably really insecure, anxious, feels that they have to embellish or impress people. There's an underlying fear here that they're not interesting. The worst case scenario, they're a sociopath.

AJ: Yeah. I don't like either of those scenarios, to tell you the truth. I like a little imperfection in anyone that I'm with and I like who I'm with actually to be able to be comfortable with my imperfections as well. So anyone who tries too desperately to hide all of their imperfections, is a red flag.

(COMMERCIAL BREAK)

JORDAN: You know back up to the respect topic, people that don't give you notice or are late all the time and don't let you know about that, it's -- that's also a respect thing. I wanted to touch on that from before. You know, that's one of the key indicators of how they treat other people and how they respect other people's time and quite frankly their own time. And it's a very --

AJ: How they value you.

JORDAN: Yeah. Exactly.

AJ: I mean, think about the things in your life that you truly value. Would you show up late to them? Would you blow them off? No. No one would do that. So the fact that she's blowing you off or showing up late and being disrespectful, shows you that she doesn't truly value you that much.

JORDAN: Yeah I think that's definitely true. You know when you value somebody, you can have knock down drag out type fights, you know where things get nasty but it shouldn't be really gnarly, all the time. And you know people that argue unfairly most of the time, you know -- if you're hurt, you might pull some low blows, it happens. If you unfairly argue most of the time, that's a problem. You know people who generalize and say, "You never take out the trash. You always do this to me." Sometimes you know, you'll vent that old anger at an inappropriate time but if she's bringing up something you said six months ago when you're arguing about who's going to do the dishes, that's a sign of a lack of maturity. She's not going to be keep her head when she's working on important stuff.

AJ: Yeah and any time it's black and white, you know, all the time this, never do that -- again someone who speaks in those terms can't view reality clearly.

JORDAN: Yeah.

AJ: And that version of reality is going to haunt you later.

JORDAN: Yeah definitely. I mean it might just be a penchant for drama but do you need that? I don't need that.

AJ: Right. I can find that on TV.

JORDAN: Exactly. And you know what? You can call her out on it. Sometimes it's a bad habit that can be fixed. Especially the, "You never do this. You always do this." You know if people say that long enough they'll believe it. Sometimes you can go, "Oh, I always -- I'm always late?" And then they're like, "Okay fine you're not always late."

AJ: Yeah.

JORDAN: "But you're late -- well you were only late twice this week. But yeah, try not to be so late." You know, it takes the edge off of that and sometimes it's a little bit silly.

AJ: Right, it's kind of in the way that they argue too, right? Do they dig their heels in when they're clearly wrong, or do they start to bend and come to the middle? Right? If you're in arguments that always end in absolutes and there's never any give, that's a real issue. That's going to be a red flag for something much more troublesome later down.

JORDAN: Yeah this one comes from one of our female assistant instructors. She said, "If she tells you she's crazy, just believe her."

AJ: Isn't that instructor crazy?

JORDAN: Yes. So -- so definitely. You definitely want to believe a girl who says she's crazy. Girls very rarely say that about themselves. The ones that do --

AJ: It's not flattering, right?



JORDAN: No.

AJ: It's the equivalent of you telling her that you're a player. Right? It's not an attribute that you consider quality --

JORDAN: Right.

AJ: -- or that you'd want to lead with. So if someone's already leading with that, it's pretty clear that they've probably been called that numerous times and they want to just get that out of the way now.

JORDAN: Yeah, it's not -- because what that means is, "By the way, here's the warning shot. I can't control this weapon."

AJ: Yeah so later, when she's aimed -- aiming that weapon at your head and she's telling you, "I told you I was crazy," --

JORDAN: Right.

AJ: -- you can't be like, "Uh, man why didn't I listen to that podcast with AJ and Jordan."

JORDAN: This is going to be one of those episodes where the guy's like, "You know what? She told me she was and she was right and I found out." You know he's like, "And that's how I got my windshield smashed." Like [Road Trip](#) where that girl's bashing up that dude's car with a bat, you know? That girl, probably told her boyfriend she was crazy and he said, "Awesome, crazy chicks are great in the sack." And it cost him a lot of money.

If she demands too much of your time too early -- if like the first few weeks or months she's demanding time even when you're like, "Listen I'm going to be really busy at work," and she's like, "I need this. I need this. I need you to set aside this," that's how you know it's too much. If you need a timecard for your relationship, it's time to punch out. That doesn't mean don't schedule date nights with your girlfriend. It doesn't mean

don't plan stuff for the weekend but if she's like, "You only spent four hours with me this week and blah, blah, blah, blah blah. I don't care if you're busy." You know, "You need to prioritize me," this is one of those delicate balances. She might be totally \*\*\*\*\* right.

(laugh)

JORDAN: But --

AJ: Yeah. I mean that's one where you definitely bounce it off your friends.

JORDAN: Mm-hmm.

AJ: But demands lead to ultimatums.

JORDAN: Mm-hmm.

AJ: And ultimatums kill relationships. It's very important that you realize that what's demanding now can turn into, "You need to start doing this or I'm done." So that she's saying those things -- and it may be grounded in reality which is something that obviously, hopefully your friends and your support system can tell you. But if it's not, then it's going to come back even worse on the -- a month or two later when you legitimately don't have those time.

JORDAN: Yeah it's definitely the -- this is one of those things where the earlier it happens, the more of a red flag it is. If you've been dating somebody for three years and they say "You don't spend time with me," believe them, because it's probably -- it's the way that person feels. If you've been dating somebody for two and three weeks or a month, and they say, "You don't spend enough time with me," they need a reality check. You're going to have problems moving forward. Because this is them being tolerant. Again, like you said AJ, this is their best foot forward and if they're already crazy needy in the first month it's not

going to get better. Let that sink in. Anything she's doing now, it is not going to get better.

AJ: Yeah their worst foot is going to be a lot worse.

JORDAN: Yes. if they want to make rules about things that you do that they have no business making rules about, like where you go or who you talk to, or who you hang out with, or they want to control things like how you dress, or how you cut your hair -- you know this has never happened to me personally but I heard about from our listener emails. You have any experience with this?

AJ: Yeah and every guy has different hobbies or interests, but if she's telling you, "Hey I don't want you going to this bar. I don't want you hanging out with these friends. I don't like that Sundays is all football, "and if it's something that you genuinely value, again that's going to be a red flag for ultimatums and overstepping their bounds later in the relationship.

Those things that you hold near and dear and are passionate about, should not encroach on your relationship and who you're with. If they're already encroaching in the very beginning, it's just going to get worse down the road. Right? And sometimes, to the point where she's going to use that as a reason for you to -- to take advantage of you. So she's going to use that as a reason to take advantage of you later. It's very important that we stay rounded and we create those boundaries of, you know, "This is where I'm willing to give, this is where I'm not willing to give." And if she's saying who you should hang out with and where you should go, those are never any things that real adult men should sacrifice.

JORDAN: Yeah that's a good point. You know it's -- it's always so surprising to me because I think I've always sort of had this boundary. I can't stand -- if someone's like, "You can't go hang out with those guys," or like, "You can't go there," I'm always surprised by that. I had a buddy who -- really smart dude,

successful guy. Surprisingly -- he's dating a girl who does like webcam stuff. Which to me is a \*\*\*\*\* shock. Like, I'm surprised that that's happening but -- weirdly, strangely, he's got to go to a bachelor party for one of his best friends in Vegas. And obviously when you're at a bachelor party, there's strippers involved. She is like, "You can't go. You can't go because there's going to be strippers."

AJ: Yeah.

JORDAN: And if you go and there's strippers, you know, you're cheating on me." And I'm like, "But she's a webcam stripper! What the hell?" Maybe that -- I mean obviously that makes it worse. I feel like a normal girl would be like, "You guys are gross, you're going to the strip club." But they would just be like, "Meh." You know like a normal girl's like, "That's not reality. It's not a thing."

AJ: Yeah. There could be something tied to it or she might have been cheated on with an ex with a stripper or someone or crossed their bounds but -- I was just going to bring that up. The one time in my relationship the rules definitely came up was in a bachelor party scenario and it is troublesome to hear those rules placed later. And obviously you hope that whoever you're with, if they're a significant other that you trust each other enough and you trust each other's judgement, right? That shows that she doesn't trust your judgement if she's saying, "I don't trust you in this place or with this person," she doesn't think you can make good rational decisions. Is that someone that you want to spend the rest of your life with and potentially procreate with?

JORDAN: Yeah.

AJ: Probably not.

JORDAN: That's -- you're right that's a good sign, you know, somebody who's got an insecurity about that. It's different if she can articulate and be like, "You know what I just think it's gross. I

totally disapprove but it's a bachelor party." That's fine, she's allowed to disapprove. She's not allowed to dictate your life. You know there might be exceptions to this somewhere but you have to decide whether or not you're cool with that. If she starts saying, "You can't hang out with AJ because, you know, you come home and you drink a little bit," or like, "I don't like where you guys go or you stay out too late when you're with him." She can say that but if you feel like you have to do that or you're going to get in trouble, now you're starting to look like *Everybody Loves Raymond* or something. Like, you know, Ray Romano. That's not cool. Homer Simpson type chump.

AJ: Yeah and you don't want to be in a situation where you got to sneak around to do actually what you want to do and enjoy the life you want to be leading. Right? Again we're looking at compatibility. And a lot of times, we look past these little incompatibilities, which is what red flags are, because the sex great, the physical is great, maybe the emotional is great. Right? Maybe she's really kind and compassionate in other areas and she picks you up but these incompatibilities at the very beginning early on in the relationship, just compound and continue to get worse. They don't get better, okay? Incompatibilities pile up and when they pile up to the point of resentment, things explode.

JORDAN: Speaking of explosions, if the explosion is not that predictable, that's even more of a problem. Like if things are building up and you guys get in a fight, it happens, that's what relationships are. If it is -- just starts to become like, "Where the hell did this come from?" Like if you get mood swings that come just without warning and totally confuse the shit out of you, you need to run. And the earlier this happens, the faster you run. There's like a mathematical equation for this somewhere. And this is very common online for those of you guys who are trying to apply this to being online. If she starts freaking out in her third email to you, don't go, "Well we should just meet for coffee because maybe this is a miscommunication." You need to be like, "You know what? Block list."

AJ: Yeah, exactly.

(COMMERCIAL BREAK)

JORDAN: If every one of your friends and family hates your girlfriend, they see something that you don't. Just accept that.

AJ: Yeah I mean that's pretty clear. If a wide majority and a diverse majority of people who encounter you in this new relationship see issues, there's issues. Like, those are things that should not come up from everybody.

JORDAN: Yeah no kidding. It's like -- hey remember that [Office Space](#) where the guy's like, "I just can't get over the feeling that she's cheating on me," and then the neighbor goes, "Yeah man, I got that feeling too dude."

(laugh)

JORDAN: Like, huh? If everybody sees that and you're -- and you don't, you've got to accept the fact that your judgement's clouded by boobs or whatever.

AJ: Right.

JORDAN: This one. Yeah this is a big one. If they need excessive attention from the opposite sex. Now that doesn't mean that your girlfriend can't talk to guys, friends, and stuff like that. But, if they are flirting constantly, spending a ton of time messaging their friends of the opposite sex, hanging out with friends of the opposite sex, you -- this is a problem. And look at yourself in the mirror with this one as well guys.

AJ: Yeah I had an experience with this with an ex who basically predominantly had male friends. Like very few female friends and a real inability to connect with her same sex. And I always kind of like glossed it over like, "Ah she's one of the boys, that's great. She's a tomboy." She likes a lot of the interests that I like

so I glossed it over but it was a pretty big red flag that I didn't pay attention to so I can speak well to this, that if you find that she only really connects with men, there's going to be a pattern that later on in the relationship, she's only attracting more men. And at some point those other men might become more desirable to you when you're down.

And the fact that she can't really get along with women of -- women of the same sex. She can't really get along with females and people of the same sex means that there's real insecurity there. There's a huge issue going on. You should never be with someone who can only be friends with a certain type of person or only connects with a certain type of person. And obviously, we teach guys about how to connect with everyone and how to build a vibrant social circle, so you don't want to be with someone who doesn't have that same ability.

JORDAN: Yeah I agree 100 percent. And you know, being that person who needs to flirt with the opposite sex all the time shows neediness, it shows validation seeking. It doesn't mean that you can't be charming or that she shouldn't be charming and a little bit flirty. I think a girl who can flirt her way to a free latte is great. I think it's bad news when she's got to go hang out with dudes that clearly want to bang her all the time and she's like, "I don't know, we're just friends." And you know damn well that she knows that she's stringing these guys along but she likes the attention. Regardless of their loyalty to you, this is a bad sign.

AJ: Yeah because there's clearly something wrong on the inside of her that you as a man -- the most important man in her life, can't give her enough masculine attention.

JORDAN: What about if they do things specifically if they're not there -- like things they wouldn't do if you were -- or things they don't want to tell you about it?

AJ: Right. It's a red flag if there's clear behavior changes in your presence and then without your presence. Like if they only feel

comfortable going to the nightclub when you're not around but then when you're around and you're like, "Hey let's go to the nightclub," and like, "No, let's keep it low key tonight." If they only feel like expressing themselves certain way, whether it's around the friends or whether it's around their family and then not that way around you, again, they're withholding something. And that withholding of something, it may not start in the very beginning but it will build into resentment later.

JORDAN: That's interesting. You know that's probably pretty hard to spot. I mean, how do you even find out if someone's doing that? Because you see them on Facebook, like hanging out bottle service da da da da, and then you're like, "Let's go out," and they're like, "No, movie night," every time.

AJ: Exactly --

JORDAN: Yeah.

AJ: -- you know they may love the nightlife on social media but then don't enjoy the nightlife with you. And then you're like, "Well that's a little peculiar."

JORDAN: Yeah.

AJ: Or maybe they're really into doing one activity with their friends but again they're shutting you off from that. Anytime someone completely walls you off from a certain aspect of your life and their personality, it's a red flag.

JORDAN: I feel like this has been in movies where it's like, you know, you finally do go to the club where your girlfriend hangs out all the time and they're like, "Oh, yeah you're so and so's boyfriend? Oh, man." You know like, oh, she's like been passed around like a bong at this club, you know, for the last two years and you didn't -- you're the only guy who didn't get it. It's like [\*Scotty Doesn't Know\*](#) from [\*Eurotrip\*](#).



AJ: Exactly.

JORDAN: All right guys, now these again have to be taken in a group. These are not something where you find one and you discard a perfectly good relationship. They've got to be taken in groups. A lot of these are early warning signs so if you've been in a relationship a few years and you see a couple of these, don't panic, it doesn't mean that you need to, you know dump whoever you're with.

AJ: Right so these are trust your gut things and these are a gut check for you guys. We gave you 20. I don't think anyone's going to break up over any one or two of these items.

JORDAN: Mm-hmm.

AJ: But if you're seeing a pattern of a few of these and really strongly, and again you feel like you're not seeing the whole person or connecting with the whole person, then starting and forming a longer term relationship is going to be very difficult and ultimately going to be a waste of both of your time.

JORDAN: Yeah that's really true, you know it's -- relationships you learn and you grow from a lot of these but sometimes you just end up wasting your time by overlooking things. See that's the thing you've got to be careful not to lie to yourself early on in the relationship. Because anything that you choose to overlook here, and that's the key word is choose to overlook, is something that you're probably going to be dealing with for the rest of your relationship. Now some things might get better as trust and rapport develops, but otherwise, it's probably going to get worse like you said before. So --

AJ: And if you've listened and you find that we've mentioned four or five things that you're experiencing right now, but in your head you're rationalizing, "Well AJ it's not like that for me."

JORDAN: Right. It's like that for you.

AJ: It is like that for you. Trust me my friends have called me out on this as well. So I've fallen into the same trap of rationalizing away these red flags and I can tell you on the other side, I kind of wish I hadn't.

JORDAN: Mm-hmm. Yeah. Everybody regrets that. Sometimes you learn that in high school or college, sometimes you learn when you're 40 and you've got a house that you've got to cut in half and kids you've got to share custody with. You know you've got to trust your gut. If you think something is off, it probably is. You always know more than you think you know. And that's true with pretty much everything but especially about relationships.

AJ: And a lot of what we showed you guys with these clear examples were a lack of maturity, a lack of trust, and a lack of personal responsibility. Right? When those three things are happening, run.

JORDAN: Yeah definitely. And you know you can find out a little bit about past relationships. Again, don't ask a million questions about the ex right off the bat, but if you find out things about past relationships from asking and being very calm with it and not interrogative, especially a little bit more into the relationship, history tends to repeat itself. Now do they have mature resolved feelings about their exes or are they bitter, angry, pissed off, resentful, and they put all of the blame on the other person? Now you're starting to see where these things might seep through.

And you've got to watch how people make the meaning of difficult situations both current and past. You know are they open to learning and growing? Do they take responsibility for past mistakes and situations? Or is always somebody else's fault and somebody else's issue? Rarely is somebody just sitting there, minding their own business and then some crazy person mosies into their lives and screws everything up, four times in a row, for the last five years. So basically we're all at our best in the beginning like AJ said and sometimes that

excitement, that infatuation, can blind you to everything else, and this makes red flags really hard to spot. But now that you're aware, and what you think about you've learned from past relationships, you know a lot more than you realize. So staying keen to these red flags now can help you avoid hurt in the future.

All right, show feedback and guest suggestions. We rely on you guys to help keep our finger on the pulse. So if you know someone who's a good fit for the show, let us know at [jordanh@theartofcharm.com](mailto:jordanh@theartofcharm.com). Boot camp details for our live programs also at [theartofcharm.com](http://theartofcharm.com) and that's where you're going to find links to us on Twitter, Facebook, and other social media as well. If you're listening to this but you're not subscribed on iTunes or Stitcher or something like that, then that needs to change. Getting our shows delivered free to your phone or computer is the best way to make sure you don't miss a thing. You can do that by going to iTunes and searching for The Art of Charm podcast or by going to [theartofcharm.com/itunes](http://theartofcharm.com/itunes) and clicking subscribe. That's really it. And you guys can help us.

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