



## RED FLAGS

Almost all conflict can be traced back to a trigger, which we at Leap call a red flag.

We all have our own red flags. Some may be similar to other people's and some may be completely different.

Once you identify your red flags and you can recognise the warning signs you give yourself more choice about how to deal with them.

# RED FLAGS

**What are some of your recurring red flags, at home, at school, at work, with friends, family - or with yourself?**

**What are some of the first thoughts, emotions and physical sensations that you have?**

## THOUGHTS

“not again / you idiot / you’re disrespecting me / you’re rude / they hate me”

## EMOTIONS

anger, irritation, hurt, upset, scared, confused, frustrated, rage etc.

## SENSATIONS

Tight chest, hot, adrenaline rush, tight fists, etc.

Can you think of some situations in the past when knowing your red flags would have helped you to better manage conflict?