

# Which qualities or behaviors are red flags not to be ignored in your relationship?

Dorothy Horton, PsyD, answers your questions in her latest Ask Doctor Dee column.

March 4, 2019 By [Dorothy Horton](#)

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**Q:** Which qualities or behaviors are red flags not to be ignored in your relationship?

**A:** In healthy relationships, partners are loving, sexually compatible, respectful, trustworthy, honest, communicative and emotionally available. But if folks exhibit any of the tendencies below, heed the handwriting on the wall:

- **Untrustworthiness.** Habitual behavior of this kind triggers credibility issues that render communication and honesty impossible in a relationship. Partners who don't hold themselves accountable to loved ones are irresponsible and lack respect and integrity.
- **Incompatibility.** If individuals are total opposites sexually, morally, or in other key ways, this can create huge problems in a relationship.
- **Constant insecurity.** Those who allow fear and self-doubt to cultivate unwarranted suspicion, paranoia and jealousy in their hearts toward their mate can destroy a union.
- **Codependency.** This unhealthy condition smothers growth for both people in a relationship.
- **Emotional immaturity.** Individuals who display this characteristic aren't yet adults emotionally, so they're not ready for a grownup union.
- **A lack of commitment.** Significant others who cheat, become involved in illegal activities or lead double lives are essentially unavailable to their partners and cannot build or sustain solid

relationships.

- Abusive behaviors. Verbal, emotional or physical violence perpetrated by a partner is never acceptable.

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