



# 14 RED FLAGS *in* MODERN DATING

*Kat* MATCHMAKING



*"Don't linger too long in the pond with frogs, for your prince is out there searching for you."*

KAT BACON



## **INTRODUCTION**


Let's get real about matters of the heart and leave the fairy tales behind. Ever thought you've found your prince charming, only to later realize he's just a frog in princely attire?

Welcome to '**Frogs in Disguise: The Top 14 Red Flags in Modern Dating.**' This guide outlines the glaring warning signs you've been missing that scream out, 'Frog alert!' By recognizing the red flags of frogdom now, you'll save yourself time and heartache later.

By the end, you will be empowered with the discernment to recognize when a relationship may not be serving your best interests, the courage to demand the love and respect you deserve, and the wisdom to welcome a love that uplifts, respects, and enriches you.

Welcome to your first step towards healthier, more fulfilling **FROG FREE** relationships!

## #1 RED FLAG - HE RARELY INITIATES CONTACT.

 Messages and calls are largely responsive to your inquiries (i.e., he never texts first).

### ***Take Sarah and Mark's situation...***


Sarah often finds herself starting conversations with Mark, her supposed love interest. While Mark responds when she reaches out, he rarely takes the proactive step of initiating interactions with her. Despite the initial interest he displayed, Mark's lack of proactive communication caused Sarah to question his true feelings.

 Minimal interest in daily communication and timely responses.

### ***Consider Emily and Josh...***

Emily notices that whenever she texts Josh, his responses are delayed if they come at all. Even simple inquiries are met with long waits or silence. Despite claiming to be busy, Josh's consistent lack of engagement leaves Emily feeling undervalued and unimportant.

These examples emphasize the importance of responsive and timely communication in a healthy relationship. When someone consistently fails to prioritize staying in touch or responding promptly, it's a clear indication they might not be as invested as they claim to be.

  
*"Time for him to hop out  
of here!"*

## #2 RED FLAG - HIS PLANS ARE OFTEN LAST-MINUTE OR NON-COMMITTAL.

- Reluctance to set dates or times in advance, responding to attempts to make concrete plans with "maybe," "we'll see," or offering up generic excuses about being "busy" or "tired."

### ***Let's talk about Audrey and Alex...***

Audrey suggests planning a date, but Alex hesitates to commit, preferring to "play it by ear" or decide closer to the day. Despite Audrey's attempts to solidify plans, Alex's reluctance leaves Audrey uncertain about where their relationship is headed.

- Dates revolve more around his convenience than mutual agreement.

### ***Consider Taylor and Matt...***

Taylor notices their dates often cater to Matt's schedule and preferences. Matt prioritizes his convenience, whether it's the restaurant, activity, or timing. He desires mutual agreement, leaving Taylor feeling like she's always accommodating Matt's needs instead of having a mutually enjoyable relationship.

These examples illustrate how reluctance to plan and prioritize one person's convenience can create uncertainty and imbalance in a relationship.

*"Time to frog-et about him!"*

## #3 RED FLAG - HE AVOIDS DISCUSSING THE FUTURE TOGETHER.

- Changes the subject or gives vague responses when future plans are mentioned.

### ***Take Ashley and Ben...***

Ashley mentions a weekend getaway with Ben, but he quickly changes the subject or responds vaguely. Ashley notices a pattern of avoidance, which leaves her uncertain about Ben's commitment to their future.

- Shows discomfort or disinterest in conversations about long-term goals or commitments.

### ***Consider Rachel and Michael...***

Rachel tries discussing their future with Michael, but he becomes tense or disengaged. Michael avoids or dismisses the conversation, signaling his discomfort or lack of interest in long-term commitments.

These examples highlight how evasiveness and discomfort in discussing future plans or long-term goals can indicate potential issues in a relationship.

*"Toad-ally time to say  
goodbye to him!"*

## #4 RED FLAG - HE SEEMS MORE INTERESTED IN PHYSICAL INTIMACY THAN EMOTIONAL CONNECTION.

Conversations steer towards physical topics rather than personal sharing.

### ***Consider Amelia and John...***

Despite Amelia's attempts at meaningful conversation, John redirects towards physical topics, lacking depth, and emotional connection.

Emotional availability is limited; he's more present in intimate moments than emotional ones.


### ***Here's Julia and David...***

Julia notices her interactions with David mainly revolve around physical intimacy. When Julia opens up emotionally, David appears disengaged, leaving her feeling unfulfilled and disconnected.

These examples shed light on behaviors indicating a lack of emotional depth and investment in a relationship. By recognizing these red flags, you can navigate dating experiences with awareness and discernment, ensuring you invest in connections that prioritize emotional connection and mutual respect.


*"Croak off!"*

## #5 RED FLAG - HE'S OFTEN DISTRACTED OR DISENGAGED WHEN YOU'RE TOGETHER.

 Frequent phone use or inattention during conversations.

### ***Let's talk about Vivienne and Max...***


Vivienne goes on a dinner date with Max, but throughout the evening, she notices that he's constantly checking his phone, responding to messages, or scrolling through social media. Even when Vivienne tries to initiate conversation or share anecdotes, Max's attention remains divided, and he seems more interested in his phone than engaging with her. His behavior leaves Vivienne feeling overlooked and unimportant.

 Lack of active listening or engagement in discussions about your life or interests.

### ***Here's Jessica and Adam's scenario...***

Jessica spends an afternoon with Adam, hoping to deepen their connection by sharing stories about her life, interests, and aspirations. However, as Jessica speaks, she notices that Adam's responses are short, half-hearted, or generic. He fails to ask follow-up questions or show genuine curiosity about her experiences, leaving Jessica feeling unheard and undervalued in their interactions.

These examples highlight the importance of being present and attentive in a relationship and the adverse effects distractions and disengagement have on building genuine connection and intimacy.

  
*"Time for him to leapfrog  
out of here!"*

## #6 RED FLAG - HE RARELY, IF EVER, MAKES SACRIFICES OR COMPROMISES FOR YOU.

- Unwilling to adjust plans or make small sacrifices to accommodate your needs.

### ***Take Megan and Jeff...***

Megan suggests a beach getaway for their weekend trip, but Jeff insists on hiking in the mountains, his favorite activity, and demonstrates zero interest in her beach idea. Despite Megan's desire for compromise, Jeff prioritizes his own interests, leaving Megan feeling disappointed and unheard.

- Decisions are made with his priorities in mind, often overlooking yours.

### ***Here's Natalie and Jose...***

Natalie feels frustrated because whenever she and Jose need to decide together, it always ends up being what Jose wants. Whether choosing a movie to watch or where to go for dinner, Jose always insists on his preference without considering Natalie's desires or preferences.

These examples illustrate how one partner may consistently prioritize their needs and preferences over their partner's, indicating an unwillingness to compromise or make sacrifices in the relationship.

*"Caution, there is Toad in your midst."*



## #7 RED FLAG - HE AVOIDS PUBLIC DISPLAYS OF AFFECTION.



Hesitant to hold hands, kiss, or show affection in public.

### ***Consider Angela and Jack's scenario...***

Emily and Jack are out for a romantic dinner at their favorite restaurant. As they walk to their table, Angela reaches out to hold Jack's hand, but he quickly pulls away, saying he's uncomfortable with public displays of affection. Throughout the evening, Jack avoids any physical contact, even when Angela tries to initiate a kiss or affectionate gesture.



Prefers to keep physical distance when out together, making it seem more like friendship.

### ***Let's talk about Maria and Dan...***

Maria and Dan attend a social event together, but Maria notices that Dan consistently stands several feet away from her, even when they're in a group conversation. Whenever Maria tries to move closer or engage in physical contact, Dan subtly shifts away, creating a noticeable distance between them that makes Maria feel more like a friend than a romantic partner.

This section highlights how avoiding public affection could be a red flag. If your partner is hesitant to show love openly, it may point to deeper issues. While it's important to respect personal boundaries, feeling neglected or uncertain in public spaces isn't ideal. Strong relationships are built on respect, compromise, and showing affection, both in private and publicly. If public displays of affection are missing, it's worth reevaluating the long-term potential of your relationship.

*"Time for him to ribbit out of here!"*

## #8 RED FLAG - HIS INTEREST IN YOUR RELATIONSHIP IS STAGNANT, WITHOUT EMOTIONAL OR MATERIAL PROGRESSION.

There's no deepening of emotional intimacy or commitment over time.

### ***Let's consider Mia and Jake's situation...***

Although they have been dating for over a year, their emotional connection remains surface-level. Despite spending considerable time together, they rarely share their innermost thoughts or feelings. Conversations revolve around superficial topics, and they struggle to open up to each other about deeper aspects of their lives. This lack of emotional intimacy leaves Mia feeling disconnected and unsure about the future of their relationship.

Conversations and activities feel repetitive without new experiences or growth.


### ***Cassidy and Caleb's story resonates with this...***

Cassidy and Caleb's relationship has fallen into a routine. They have the same conversations daily, discussing mundane topics without delving into anything new or meaningful. Similarly, their activities together have become predictable, revolving around the same places and experiences. Despite expressing a desire for growth and adventure, their relationship remains in a monotony cycle, leaving Cassidy yearning for excitement and change.

These scenarios highlight how a lack of emotional depth and repetitive patterns can contribute to a stagnant relationship that cannot grow with either of you, forever stranding the couple in the shallow end of the emotional pool.

*"Tell him to hop to it and leave!"*

## #9 RED FLAG - HE'S QUICK TO CANCEL PLANS WITHOUT A GENUINE REASON.

 Often cancels at the last minute, citing vague or non-urgent reasons.

### ***Amy and Mike's scenario depicts this...***

Amy and Tom have been dating for months, but their relationship is stuck in a rut. Every weekend, they follow the same routine of going to the same restaurant and watching movies at home. Despite Amy's attempts to suggest new activities or vary their schedule, Tom always seems resistant to change. As a result, their relationship feels tired, with conversations and experiences lacking variety and excitement.

 Makes minimal effort to reschedule or make up for the missed time.

### ***Michelle's experience with Ron highlights this issue...***

Michelle is excited about her date with Ron, whom she met through a dating app. They had planned to meet for dinner on Friday night, but just a few hours before their scheduled time, Ron sent a text message saying he needed to cancel due to unexpected work commitments. Michelle is disappointed but understanding, so she suggests rescheduling for the following week. However, Ron's response is vague and doesn't propose a concrete new date or time. This pattern repeats several times, leaving Michelle frustrated and unsure about Ron's interest in her.

These scenarios highlight how repetitive conversations and activities, frequent last-minute cancellations, and minimal effort to reschedule can indicate a lack of investment and commitment in a relationship, potentially signaling deeper issues.

 *"Say Toodle-oo, to the tired tadpole."*

## #10 RED FLAG - HE KEEPS THE RELATIONSHIP STATUS VAGUE OR UNDEFINED.



Avoids labels or defining what your relationship is.

### ***Grace's experience with Eric is a perfect example...***

Grace has been seeing Eric for several months, but their relationship status remains unclear. Whenever Grace tries to broach the subject of labeling their relationship, Eric dodges the conversation or changes the topic altogether. Despite spending significant time together and developing solid feelings, Eric seems unwilling to define their relationship. This ambiguity leaves Grace feeling unsure about where she stands and questioning Eric's intentions.

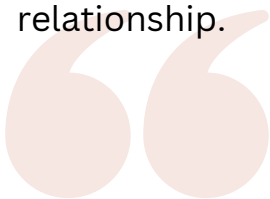


Reluctant to confirm exclusivity or commitment when asked directly.

### ***Shannon's situation with Liam showcases this...***


After a few weeks of dating, Shannon decides to have a candid conversation with Liam about their relationship status. She expresses her desire for exclusivity and asks if Liam feels the same way. Instead of providing a straightforward answer, Liam hesitates and gives vague responses, avoiding a direct commitment. Although they continue to spend time together, Shannon can't shake her uncertainty about Liam's willingness to fully invest in their relationship.

These scenarios shed light on how avoiding labels and failing to confirm relationship boundaries creates confusion and insecurity in a relationship.



*"Catch you later, croaker!"*

## #11 RED FLAG - HE'S RELUCTANT TO INTRODUCE YOU TO FRIENDS AND FAMILY.

 Hasn't made any moves to include you in personal gatherings or family events.

### ***Tiffany's experience with Ryan underscores this...***

Tiffany has been dating Ryan for several months and feels their relationship is progressing well. However, she notices that Ryan rarely invites her to friend gatherings or family events. Despite expressing her interest in meeting his friends and family, Ryan always has an excuse and tries to redirect from the topic altogether. Tiffany feels left out and begins to question Ryan's commitment to integrating her into his life outside of their one-on-one interactions.

 Avoids conversations about you meeting his close ones.


### ***Mason's behavior with Ella fits this pattern...***

Mason has been dating Ella for a while and is enjoying their time together. However, whenever Ella mentions meeting his close friends or family, Mason becomes evasive and changes the subject. He deflects questions about introducing Ella to his loved ones, leaving her feeling sidelined and uncertain about where she stands in his life. Ella starts to wonder if Mason is hiding something or if he's simply not serious about their relationship.

These scenarios highlight how being excluded from your partner's other social groups can signal a lack of commitment and investment in the relationship. For a relationship to thrive, both partners must feel included and valued in each other's lives.

 *"Catch you on the flip side, froggy."*

## #12 RED FLAG - HE ACTS DIFFERENTLY AROUND YOU IN PUBLIC.

 Personality or affection levels dramatically change depending on the setting.

### ***Olivia's observation about Austin's behavior illustrates this...***

Olivia notices that her boyfriend, Austin, treats her differently, depending on the context. Austin is affectionate, loving, and attentive when they're alone, showering Olivia with compliments and affectionate gestures. However, Austin becomes distant and reserved in public settings or around friends, barely acknowledging Olivia's presence. This stark difference in behavior leaves Olivia feeling confused, unimportant, and as if their relationship is only valid behind closed doors.

 May be more affectionate in private but distant in public.

### ***Take Luke's behavior with Ava...***

Luke and Ava have been dating for a few months and enjoy spending time together. However, Ava observes that Luke is noticeably more affectionate and attentive when alone. In public, Luke seems distant and hesitant to display affection, opting to keep physical distance and avoid intimate gestures. This inconsistency in Luke's behavior makes Ava question the authenticity of their relationship and whether Luke is invested in building a genuine connection.

These scenarios illustrate how significant changes in personality and affection levels based on the setting can indicate underlying issues in a relationship. Romantic partners should feel loved and valued in any setting.

 "Sayonara, froggy!"

## #13 RED FLAG - HE SHUTS DOWN ANY CONVERSATIONS ABOUT COMMITMENT.

- He makes excuses for not being ready for a commitment, often citing timing or personal issues.

### ***Mia's experience with Carson demonstrates this...***

Mia has been dating Carson for several months and feels ready to take their relationship to the next level. However, whenever Mia brings up the topic of commitment or the future, Carson always seems to have an excuse. He often cites his busy work schedule and personal issues or simply claims that he's not ready for anything serious at the moment. Despite Mia's attempts to discuss their relationship's trajectory, Carson consistently dodges the topic, leaving Mia frustrated and uncertain about their future together.

- He becomes defensive or changes the subject when the future of the relationship is brought up.


### ***Spencer's reaction to Laura's inquiry highlights this issue...***

Spencer and Laura have been seeing each other for a while, and Laura is eager to discuss their long-term goals and aspirations as a couple. However, whenever Laura broaches the subject, Spencer becomes defensive and changes the subject abruptly. He avoids engaging in meaningful conversations about the future of their relationship. Laura's attempts to discuss their future are met with resistance and deflection, leaving her feeling dismissed and unsure about their relationship.

These scenarios illustrate how defensive or evasive discussions about the relationship's future can be indicative of underlying issues or a lack of genuine interest in building a long-term connection. If either partner wants a casual relationship without meaningful emotional engagement, they need to communicate openly and honestly to ensure they're on the same page as their partner.

*"He needs to croak off into the sunset."*

## #14 RED FLAG - RED FLAG #1. HE DOESN'T REMEMBER IMPORTANT DETAILS ABOUT YOU.

 He forgets or downplays your birthday and other significant dates and shows little interest in your important moments.

### ***Lisa's experience with Scott speaks to this...***

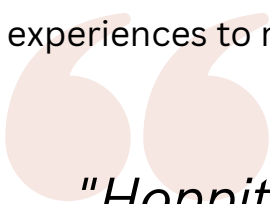
Lisa had been dating Scott for over a year and looked forward to celebrating special occasions together. However, when Lisa's birthday rolled around, Scott barely acknowledged it. He didn't make any plans or even wish her a happy birthday until after Lisa reminded him. Scott brushed it off when confronted, saying he had been busy with work and forgot. Similarly, on their anniversary, Scott made no effort to commemorate the occasion, leaving Lisa feeling unimportant and undervalued.

 He shows a lack of interest in the details that matter to you.

### ***Kimberly's experience with Rick echoes this issue...***

Kimberly shared her passions, dreams, and interests with Rick in hopes of building a deeper connection. However, Rick often seemed disengaged and uninterested when Kimberly talked about her life. He rarely asked follow-up questions or showed genuine curiosity about her life experiences and aspirations. Instead, Rick would quickly change the subject or offer generic responses, showing a lack of interest in getting to know Kimberly on a deeper level. This pattern left Kimberly feeling invisible and emotionally disconnected.

These scenarios highlight how partner indifference can indicate their lack of genuine interest or investment in the relationship. All partners must demonstrate attention and consideration toward each other's feelings and experiences to maintain a healthy and fulfilling connection.

 *"Hoppity-hop, off he goes!"*





## **CONCLUSION**

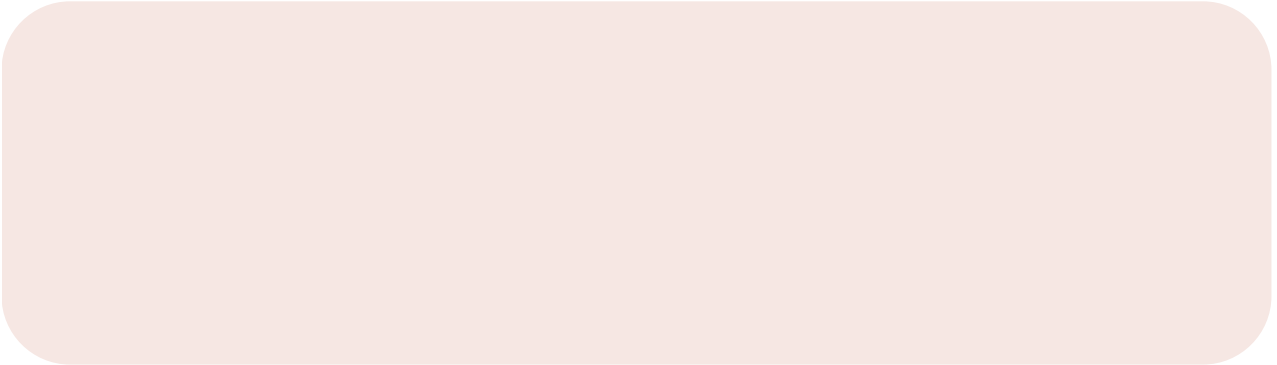
By understanding these warning signs and trusting your instincts, you can confidently navigate the modern dating landscape.

Don't settle for someone who doesn't prioritize your happiness and well-being. Instead, hold out for a partner who sees your worth and treats you with the love and respect you deserve. Stay vigilant, stay empowered, and never forget you are worthy of genuine love.

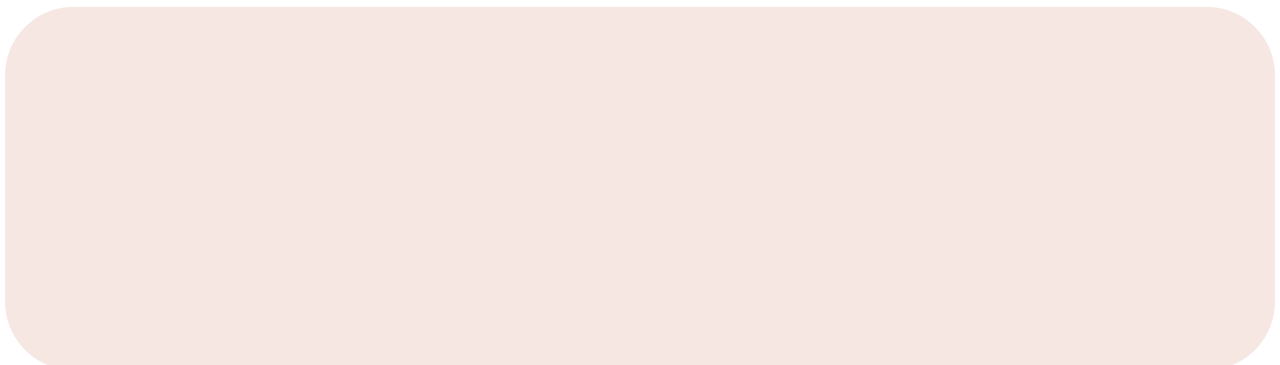
Keep your eyes open for frogs, and don't be afraid to hop away from indifference and toward the love and respect you truly deserve.

# REFLECTIONS

**Think of a time you encountered a "frog" in your dating life.** How did you recognize the red flags, and what action did you take?



**Reflect on your personal boundaries.** Are there red flags you've overlooked in the past because you were afraid of being alone? How can you strengthen your resolve to prioritize your well-being in the future?



**Consider the qualities you truly value in a partner.** How do these align with the behaviors and actions of someone who treats you with love and respect?

