

WHAT DID I IGNORE?

*A Guided Reflection Sheet to Unpack Your Red Flag Story,
Recognize Your Patterns & Reclaim Your Boundaries*

PART ONE: THE RED FLAG STORY

Go back to that moment. Be honest. No editing.

1. What happened?

(Describe the situation or relationship. Be specific.)

2. What did you feel then, even before anything “bad” happened?

(Trust that inner nudge you ignored.)

3. What did you tell yourself to justify staying or not acting?

(Write the exact phrases. “It’s not that bad.” “Maybe I’m overreacting.” etc.)

PART TWO: RECOGNIZE THE PATTERN

Clarity begins where your truth lives.

4. When else have you felt this way before?



5. What did ignoring the red flag cost you — emotionally, spiritually, mentally, or even financially?

6. What were the signs you now wish you had paid attention to?

7. What patterns do you see?
(Check all that apply or add your own)

- ☐ Over-explaining myself
- ☐ People-pleasing
- ☐ Ignoring gut feelings
- ☐ Confusing potential with reality
- ☐ Avoiding conflict
- ☐ Believing I could fix them

PART THREE: RECLAIMING YOUR BOUNDARIES

Red flags are often redirections back to yourself.

8. What boundary did you not hold — and why?



9. What will you now do differently the next time you notice a red flag?
(Write your new commitment.)

10. What does protecting your peace look and feel like from now on?

AFFIRMATION

*"I no longer abandon myself for the comfort of others. I trust my knowing.
I choose me."*