


FINDING YOURSELF WITHIN THE RED FLAG

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WHO IS DR. NINA?

- Doctorate in Forensic Psychology
- Master's in Psychology
- Bachelor's in Criminal Justice

- ContactLifeline
- La Esperanza

2

WHAT DO YOU THINK OF WHEN YOU HEAR 'RED FLAG'?

what are **YOUR** Red Flags?

It's important to be aware of behaviors that you know you don't want or deserve in a relationship.

- They don't take it well when you set boundaries
- They criticize/try to control what you look like, what you do, who you see, etc.
- They are disrespectful to others
- They want to get too serious too fast
- Threaten to hurt themselves if you ever leave, "I can't live without you", etc.
- JEALOUSLY!

3

WHY THE RED FLAG PROJECT?

SUSSEX TECH – 2023
 - DID NOT NOTICE SIGNS
 - ALWAYS ANIMATED
 - AH HA MOMENT

CLIENTS
 * TEENS
 * ADULTS

4

TOXIC RELATIONSHIPS

- Partners
- Family
- Co-Workers

Learning about Oneself

- Self-Love
- Boundaries
- Worth

5

HOW WE LOSE OURSELVES

- * AVOIDANCE
- * IGNORE
- * EXCUSES TO OTHERS
- * ACCEPTANCE
- * FORGIVE
- * GASLIGHTING
- * LOVE BOMBING
- * PRESSURE

I lost myself
to please others.
Now I'm losing others
to find myself.

- LUNA & SOL

6

KINTSUGI



Deng, C. (2025, June 22). kintsugi. Encyclopedia Britannica. <https://www.britannica.com/art/kintsugi-ceramics>

Kintsugi, or "golden joinery," is the 15th-century Japanese art of repairing broken pottery with lacquer mixed with powdered gold, silver, or platinum. Rather than hiding damage, this technique highlights repairs, embodying the philosophy that breakage and repair are part of an object's history, making it more beautiful and unique.

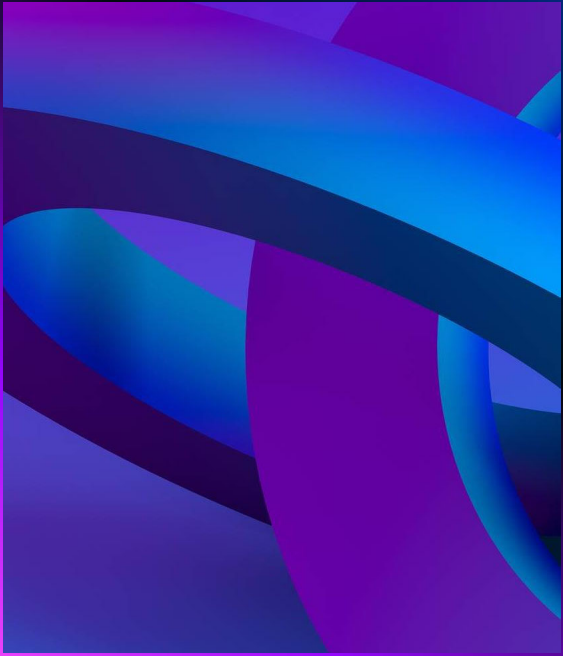
It is often used as a metaphor for healing, resilience, and finding beauty in life's imperfections and scars.

7

FINAL TIPS & TAKEAWAYS

- Positivity
 - We are not what we think we are being told we are.
- Do not lose yourself
 - Reinforce self-proclamations that we are loved and wanted.
- Negativity
 - Setting and enforcing boundaries
- Be comfortable in the uncomfortable
 - When healing it is going to feel 'off' or 'different'.

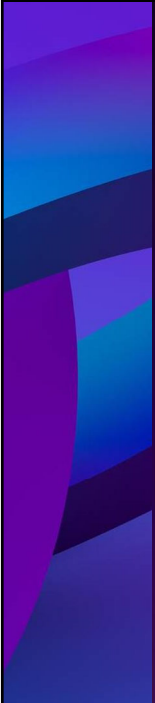
8



MAKING OUR OWN RED FLAG

- Red piece of cloth
- Markers
- Rubber band
- Bouncy ball
- Creative mind
- Self awareness


9



Q&A

- Questions
- Comments
- Concerns

Thank you!!



10