



A digital student safety tool

RED FLAG OR NAH?

53 Real-Life Scenarios for Group Discussion

A Facilitator's Guide

Powered by CrayScore™ & SchemerScore™

Dating 30
scenarios

Friendship 10
scenarios

Roommate 8
scenarios

Classmate / Coworker 5
scenarios

A Note Before You Begin

Everyone is a little cray — that's not the point. The goal of this session isn't to label people or write anyone off. It's to help you recognize patterns, name what you're feeling, and make more informed decisions about who you let into your life — whether that's a date, a roommate, a friend, or someone you work alongside.

The mix matters. These scenarios are here to start that conversation.

How to Run This Session

1. Read each scenario aloud to the group — hold the answer.
2. Ask: "Red flag or nah?" — poll the room (show of hands, yes/no cards, or call-and-response).
3. Open for discussion: Why? Have you seen this before? What would you do?
4. Reveal the answer and the behavior patterns behind it.
5. Yellow flag scenarios are designed to generate debate — there's no single right answer. Sit in the gray.

Tip: Close with the “Top 10 Green Flags” section at the end — it reframes the whole conversation around what to look for, not just what to avoid.

How CrayScore Levels Work

Each scenario references CrayScore and SchemerScore questions that triggered it. The app determines a result level based on two factors working together: the cumulative score across all questions, and whether any individual high-severity items were flagged. Understanding both helps facilitators explain why certain behaviors carry the weight they do.

Score Range Levels

Level	Result	Score Range	What Triggers It
0	No Concern	Score = 0	No flagged items, no accumulated score.
1	Slight Concern	Score 1–29	Low accumulation, no flagged items.
2	Moderate Concern	Score 30–59	Moderate accumulation, no flagged items.
3	 Consider Leaving	Score 60–89	Score 60+ with no flagged items, OR at least one Weight: 3 or 4 item flagged — regardless of total score.
4	 Run Away	Score ≥90	Score 90+ with no flagged items, OR at least one Weight: 5 item flagged — regardless of total score.

Individual Question Weights

When a question weight is shown in a scenario cue, it tells you how much that single behavior contributes to the score — and whether it alone is enough to trigger a level regardless of the total.

Weight	Severity	Effect on Result
1–2	Standard	Contributes to cumulative score at standard weight. No indicator shown in cues.
3	Medium-High	Contributes more heavily to score. Alone, it can push a score toward Level 3 faster.
4	High — Consider Leaving	Flags as a medium-severity item. Even a single Weight: 4 question triggers Level 3 (Consider Leaving) regardless of total score.
5	Critical — Run Away	Flags as a high-severity item. A single Weight: 5 question triggers Level 4 (Run Away) regardless of total score. No accumulation needed.

Key point for facilitators: A person can reach Level 3 or Level 4 through accumulation alone — many lower-weight behaviors adding up — or through a single high-weight item. Both paths lead to the same result. The scenarios in this guide often show both at work.

Dating	30 scenarios covering romantic relationships, online dating, and first meetings
Friendship	10 scenarios covering social dynamics, loyalty, and peer relationships
Roommate	8 scenarios covering shared living, boundaries, and cohabitation
Classmate / Coworker	5 scenarios covering academic and professional contexts

DATING | Scenarios 1–30

DATING #1

 Red flag or nah?

The Fast Mover

You matched with someone on a dating app on Monday, and by Wednesday they're suggesting you move in together "just to see how it feels." They say, "When you know, you know," and mention they already told their mom about you. Everything feels exciting — but something about the urgency gives you pause.

ANSWER: RED FLAG

Rushing a serious commitment this early isn't romantic — it's a manipulation tactic or a sign of dependency issues. Healthy relationships build trust gradually over time, not over text.

- CrayScore Q51 – Rushing Commitment (Control & Coercion)
- SchemerScore Q1 – Urgent Plans

DATING #2

 Red flag or nah?

The Sob Story Benefactor

After three weeks of dating, your partner shares a heartbreaking story about being evicted and asks if you could "spot them" \$400 just until next payday. They get emotional: "I've never had to ask anyone for anything — you're the only person I trust." The story changes slightly every time they tell it.

ANSWER: RED FLAG

Combining an emotional story with a direct financial ask is textbook romance manipulation — and potentially a scam. The inconsistency in their story is an additional deception signal worth taking seriously.

- SchemerScore Q5 – Direct Financial Solicitation (Exploitation)
- SchemerScore Q6 – Sob Story to Pressure You (Manipulation)
- SchemerScore Q2 – Vague or Inconsistent Details (Deception)

DATING #3

 Red flag or nah?

The Support System Saboteur

Your partner has been making subtle digs at your best friend — calling her “too dramatic” and saying she’s a bad influence. They get visibly annoyed when you make plans without them. Last week they said, “I just don’t understand why you need other people when you have me.”

ANSWER: RED FLAG

Gradually cutting someone off from their support system is one of the most documented patterns of controlling relationships. It rarely starts dramatically — it starts exactly like this.

- CrayScore Q8 – Discourages Outside Support Systems (Isolation)
- CrayScore Q25 – Surveillance of Your Activities (Control & Coercion)

DATING #4

 Red flag or nah?

The Catfish Profile

You’ve been talking to someone online for two weeks. Their photos look almost too polished — like stock images. When you try to video call, they always have an excuse: bad lighting, broken camera, just got out of the gym. They have a great story for everything.

ANSWER: RED FLAG

Avoidance of real-time visual contact is the most consistent indicator of a fake or fabricated identity. No legitimate romantic interest consistently refuses a simple video call over multiple weeks.

- SchemerScore Q12 – Photos Don’t Align with Their Story (Deception – False Identity)
- SchemerScore Q18 – Photos Appear Heavily Filtered or Altered
- SchemerScore Q2 – Vague or Inconsistent Details

DATING #5

 Red flag or nah?

The Jealous Tracker

Your partner texts you every hour when you're apart. If you don't reply within ten minutes, they blow up your phone. When you went to a concert with your friends last Saturday, they called 11 times between 9pm and midnight. They say it's because "they care" and "just worry."

ANSWER: RED FLAG

Demanding constant communication and reacting with anger or distress to normal delays is controlling behavior — not love. This pattern tends to escalate, not stabilize, over time.

- CrayScore Q24 – Reactivity to Communication Delays (Dependency & Clinginess)
- CrayScore Q25 – Constant Surveillance of Location/Activities
- CrayScore Q7 – Possessiveness (Control & Coercion)

DATING #6

 Red flag or nah?**The Conditional Affection Giver**

Your partner is warm and attentive when things go their way — but after any disagreement, even small ones, they go cold and silent for days. They've never raised their voice. But you've started walking on eggshells just to avoid triggering the silence.

ANSWER: RED FLAG

Using affection as a reward or punishment is emotional manipulation, even without any overt aggression. It creates anxiety, dependency, and an unequal power dynamic that is a recognized form of emotional abuse.

- CrayScore Q12 – Conditional Affection (Control & Coercion)
- CrayScore Q59 – Boundary Violations

DATING #7

 Red flag or nah?**The Anger Flashpoint**

Your partner is generally great — but when something goes wrong (a bad call in a game, slow service at a restaurant, a minor inconvenience), their reaction is completely disproportionate. They once berated a server for several minutes. You've started pre-managing situations to avoid setting them off.

ANSWER: RED FLAG

Explosive anger at low-stakes situations indicates poor emotional regulation. When you begin pre-managing the world around a partner to avoid their reactions, that's a signal you've entered a controlling dynamic — even if they've never directed that anger at you directly. Yet. Short temper and anger dysregulation carries a Weight: 4 in CrayScore — meaning it flags as a medium-severity item and triggers Level 3 (Consider Leaving) on its own, regardless of any other score. A single behavior at this weight is enough. The app doesn't wait for accumulation.

- CrayScore Q16 – Short Temper / Gets Angry Easily (Anger & Temper, Weight: 4)

- CrayScore Q20 – Harsh or Cruel During Arguments
- CrayScore Q19 – Disrespect Toward Others During Conflict

DATING #8

 Red flag or nah?

The Financial Controller

You recently moved in together, and your partner insisted on taking over all the shared finances. Now they give you an “allowance” and expect you to account for every purchase. When you asked to have your own bank account again, they accused you of planning to leave them.

ANSWER: RED FLAG — serious

Controlling a partner’s access to money is a recognized form of domestic abuse called financial coercion. It creates dependency, limits your ability to leave, and is often paired with other forms of control. Financial control carries a Weight: 4 in CrayScore, flagging it as a medium-severity item that triggers Level 3 (Consider Leaving) on its own — no score accumulation needed. This is not a borderline result. If this is your situation, the app’s recommendation to seriously consider leaving is not premature.

- CrayScore Q68 – Financial Control / Restricting Access to Money (Control & Coercion, Weight: 4)

DATING #9

 Red flag or nah?

The Restraining Order History

While Googling your new partner’s name, you find a local news article mentioning they were the subject of a restraining order three years ago. When you ask them about it, they dismiss it entirely: “That was my crazy ex. She made the whole thing up to mess with me.”

ANSWER: RED FLAG — serious

A restraining order typically follows credible allegations of harassment, stalking, or violence. Dismissing it entirely — especially by characterizing the other person as “crazy” — is not a reassuring explanation. This carries a Weight: 5 in CrayScore — the highest severity level, and a high-severity flagged item that triggers Level 4 (Run Away) on its own. A single Weight: 5 behavior is all that’s needed — no score accumulation required. The result is immediate. Trust your instincts.

- CrayScore Q69 – Subject of a Restraining Order (Legal History, Weight: 5)
- CrayScore Q13 – Deflection & Projection (Blaming Ex)

DATING #10

 Red flag or nah?

The Extreme Reactor

When you tried to slow things down in the relationship, your partner didn't respond with disappointment — they responded with a crisis. They threatened to hurt themselves, said you were “the only reason they had to stay,” and showed up at your apartment unannounced.

ANSWER: RED FLAG — serious

Using self-harm or emotional crises to prevent a partner from setting limits is a form of coercion, even if it comes from a place of real pain. This pattern makes leaving feel dangerous — which is precisely how it is designed to function. Both behaviors involved carry Weight: 4 in CrayScore, each flagging independently as a medium-severity item that triggers Level 3 (Consider Leaving) on its own — regardless of any other score. Two Weight: 4 flags in the same relationship is not a gray area. The difficulty of leaving is a feature of this dynamic, not a reason to stay.

- CrayScore Q63 – History of Self-Harm or Extreme Emotional Reactions (Mental Health, Weight: 4)
- CrayScore Q59 – Disregards Limits You've Put in Place (Control & Coercion, Weight: 4)
- CrayScore Q24 – Reactivity to Communication

DATING #11

▶ Red flag or nah?

The Permanent Victim

No matter what happens, your partner is always the victim — of their family, their exes, their boss, their friends, the economy. Every story ends with them wronged and someone else at fault. You've started to notice that in their version of every story, they never do anything wrong.

ANSWER: RED FLAG

A person who positions themselves as the perpetual victim in every narrative has developed a worldview that makes genuine accountability nearly impossible. This becomes exhausting and emotionally unfair in a close relationship. Chronic blame-avoidance at this level carries a Weight: 4 in CrayScore — flagging it as a medium-severity item that triggers Level 3 (Consider Leaving) on its own, independent of any accumulated score. This isn't about adding up grievances. One entrenched pattern at this severity is enough.

- CrayScore Q13 – Deflection & Projection
- CrayScore Q70 – Avoids Accountability / Blames Others (Responsibility, Weight: 4)
- CrayScore Q14 – Avoiding Responsibility

DATING #12

▶ Red flag or nah?

The Sext Pusher

You've been talking for less than two weeks when they start pushing for explicit photos. When you're not ready, they say you're “uptight” or ask, “Don't you trust me?” They frame it as a normal part of getting close and suggest you'd do it if you really liked them.

ANSWER: RED FLAG

Pressuring someone into sharing explicit content is manipulation — and potentially illegal depending on how the content is used. The guilt-framing and trust manipulation are serious warning signs regardless of intent. Sexual coercion carries a Weight: 5 in CrayScore — the highest severity level. A single Weight: 5 item flags as a high-severity behavior and triggers Level 4 (Run Away) on its own, with no score accumulation needed. If this pressure is being applied, exit the situation.

- SchemerScore Q17 – Asked to Exchange Explicit Photos Quickly (Sexual Opportunism, Scam Potential)
- SchemerScore Q16 – Conversation Steered Toward Sex Very Early
- CrayScore Q46 – Sexual Coercion or Non-Consensual Acts (Violence & Safety, Weight: 5)

DATING #13

 Red flag or nah?**The Double-Standards Enforcer**

Your partner gets upset when you hang out with friends of the opposite gender — but has no problem doing it themselves. They check your phone but would never let you look at theirs. They say “it’s different” when you point out the contradiction, without ever explaining how.

ANSWER: RED FLAG

Rules that apply to you but not to them are a form of control. Double standards in a relationship erode equity and trust, and are often a precursor to more overt controlling behavior.

- CrayScore Q22 – Double Standards (Control & Coercion)
- CrayScore Q7 – Possessiveness
- CrayScore Q10 – Suspicious / Distrustful Behavior (Trust & Suspicion)

DATING #14

 Red flag or nah?**The Manipulation Bragger**

On a date, your match casually mentions how easy it is for them to get people to do what they want. They share a story about “playing” a coworker into doing their project for them, laughing as they tell it. “People are just easy to read,” they say with a smirk.

ANSWER: RED FLAG

Pride in the ability to manipulate others is not a personality quirk — it’s a direct window into how they see relationships. Anyone who views people as targets to be “read” and controlled will almost certainly apply that framework to you. Enjoyment of control over others carries a Weight: 5 in CrayScore — a high-severity flagged item that alone triggers Level 4 (Run Away), regardless of any other score. This is not a conclusion the algorithm reaches gradually. One behavior at this weight is enough. This is not someone who will grow out of this tendency.

- SchemerScore Q24 – Bragged About How Easily They Manipulate Others (Manipulation – Conquest Bragging)
- CrayScore Q73 – Enjoys Control or Power Over Others (Control & Coercion, Weight: 5)

DATING #15

▶ Red flag or nah?

The Consent Disregarder

During physical intimacy, your partner has repeatedly done things you've explicitly said you didn't want — pushing past the line and then minimizing it afterward: "You're so sensitive," or "I thought you'd like it once we got going."

ANSWER: RED FLAG — serious

Repeatedly crossing stated limits during physical intimacy is sexual coercion — regardless of the relationship status or prior consent to other acts. "You'll like it" is not consent. Both behaviors triggered here carry Weight: 5 in CrayScore — each independently flagging as a high-severity item that triggers Level 4 (Run Away) on its own. Two Weight: 5 flags means the result would be the same even if every other question scored zero. This is not a situation that a conversation fixes. Your safety matters more than the relationship.

- CrayScore Q46 – Non-Consensual Acts During Physical Intimacy (Violence & Safety, Weight: 5)
- CrayScore Q47 – Hurting You in Ways You Didn't Agree To (Weight: 5)
- CrayScore Q59 – Disregards Stated Limits

DATING #16

▶ Red flag or nah?

The Public Charmer, Private Critic

In public, your partner is complimentary and supportive. Behind closed doors, they constantly critique your appearance, your decisions, your friends, and your career choices. When you tell them it hurts, they say, "I'm the only one who cares enough to be honest with you."

ANSWER: RED FLAG

Framing ongoing criticism as a form of caring is a manipulation tactic. It conditions you to associate being put down with being loved — which is the opposite of a safe emotional environment.

- CrayScore Q11 – Often Criticizes or Puts You Down (Verbal & Emotional Abuse)
- CrayScore Q9 – Tries to Change Things About You You're Happy With (Identity Manipulation)
- CrayScore Q57 – Rarely Expresses Genuine Kindness

DATING #17

▶ Red flag or nah?

The Animal Incident

While at your partner's place, they kicked their dog when it jumped up on the couch. When you said something, they shrugged and said, "It knows better." Later you saw a video on their phone where they laughed while the dog was visibly scared of them.

ANSWER: RED FLAG — serious

Cruelty to animals is an immediate and serious red flag. Research has consistently shown a strong correlation between harm to animals and harm to people in close relationships. This carries a Weight: 5 in CrayScore — the highest severity level, triggering Level 4 (Run Away) as a standalone flagged item. No accumulation. No other context needed. You do not need to see anything else to justify leaving. Do not minimize this.

- CrayScore Q18 – Unkind or Aggressive to Animals or Children (Violence & Safety Risks, Weight: 5)

DATING #18

▶ Red flag or nah?

The Empathy Gap

You've noticed that your partner seems genuinely unbothered by situations that would upset most people — hearing about a friend's serious illness, seeing a child injured, witnessing someone in distress. They don't fake concern; they just don't seem to feel it. They've joked that they "don't do emotions."

ANSWER: RED FLAG — serious

A persistent and genuine lack of empathy — not introversion, not stoicism, but true indifference to others' pain — is one of the most serious relational warning signs. Emotional coldness of this depth is associated with personality structures that make healthy, mutual relationships very difficult. Complete absence of empathy carries a Weight: 5 in CrayScore — a high-severity flagged item that triggers Level 4 (Run Away) on its own. The additional Weight: 4 flag on the second cue means this scenario would also independently trigger Level 3 (Consider Leaving) even without the Weight: 5. Both thresholds are crossed simultaneously. This is not a borderline case.

- CrayScore Q72 – Lacks Empathy Even When Others Are Clearly Hurt (Empathy, Weight: 5)
- CrayScore Q56 – Shows Little Concern When You're Struggling (Empathy, Weight: 4)

DATING #19

▶ Red flag or nah?

The Charming Chameleon

Everyone in your friend group thinks your partner is incredible — funny, generous, effortlessly smooth. But in private, you've caught them saying completely different things to different people depending on what benefits them. When you brought it up, they laughed and said, "I'm just adaptable."

ANSWER: RED FLAG

Charm that feels calculated — especially when paired with a gap between public and private behavior — is a hallmark of manipulative patterns. Genuine adaptability is healthy; strategic performance is not.

- CrayScore Q71 – Uses Charm as a Control Tactic
- SchemerScore Q25 – Virtue-Signaling That Doesn't Match Behavior
- SchemerScore Q26 – Words Don't Match Actions (Deception)

DATING #20

 Red flag or nah?

The Accountability Avoider

Every argument ends the same way — somehow, it's always your fault. When you pointed out they forgot your anniversary, they said you “should have reminded them.” When they snapped at you in public, they said you “provoked it.” They have never once apologized and meant it.

ANSWER: RED FLAG

A partner who consistently deflects blame and refuses to apologize makes healthy conflict resolution nearly impossible. Over time, this erodes trust, self-esteem, and emotional safety.

- CrayScore Q13 – Deflection & Projection (Emotional Stability)
- CrayScore Q14 – Avoiding Responsibility
- CrayScore Q21 – Failure to Reconcile (Conflict Behavior)

DATING #21

 Red flag or nah?

The Idealize-then-Disappear

The first month was a fairytale — constant texts, over-the-top compliments, surprise weekend trips. Then, almost overnight, they became distant and critical. You haven't changed — but suddenly nothing you do is right. Mutual friends say, “That's just how they are in relationships.”

ANSWER: RED FLAG

The idealize-then-devalue cycle is a hallmark of emotional instability often associated with serious attachment disorders. It causes significant psychological harm and — importantly — it tends to repeat.

- CrayScore Q74 – Idealization-Devaluation Pattern (Emotional Stability)
- CrayScore Q11 – Verbal Criticism / Put-Downs

DATING #22

 Red flag or nah?

The Drinking Problem

Your partner has two DUIs on their record — but still drinks regularly and still drives after drinking, just “more carefully now.” They’ve missed work several times because of hangovers. When you express concern, they say you’re being judgmental and that they “have it under control.”

ANSWER: RED FLAG

Continuing to drink and drive after multiple DUIs is both dangerous and a clear sign of substance dependency. “Having it under control” while continuing the same behavior is the definition of denial. Continued DUI-level alcohol use carries a Weight: 5 in CrayScore — a high-severity flagged item that triggers Level 4 (Run Away) on its own, with no score accumulation required. The physical danger is immediate and real. You are not being judgmental; you are being accurate.

- CrayScore Q42 – DUI with Continued Alcohol Use (Substance Use, Weight: 5)
- CrayScore Q43 – Missed Work Due to Substance Use
- CrayScore Q28 – Reckless / Dangerous Behavior

DATING #23

 Red flag or nah?**The Paranoid Accuser**

Your partner regularly accuses you of flirting with coworkers, lying about your whereabouts, or hiding things — all without evidence. No explanation satisfies them. When you come home from a work event, they interrogate you. They say it's because they've “been cheated on before.”

ANSWER: RED FLAG

Past betrayal can create real trust wounds — but chronic, baseless suspicion that doesn't respond to reassurance is not healed jealousy; it's a control pattern that will make a healthy relationship impossible.

- CrayScore Q10 – Regularly Suspicious or Distrustful (Trust & Suspicion – Paranoia)
- CrayScore Q48 – Sees Most of Own Gender as a Threat (Social Jealousy)
- CrayScore Q7 – Possessiveness

DATING #24

 Red flag or nah?**The Secret Keeper**

Three months in, your partner still hasn't introduced you to any friends or family — and deflects every time you bring it up. Their apartment is off-limits. They step out to take certain calls. You've never been tagged in a single post. When you ask, they say they're “a private person.”

ANSWER: RED FLAG

Excessive secrecy in an established relationship — particularly about identity, social networks, and living situation — can indicate they are hiding something significant, including other relationships.

- CrayScore Q54 – Hiding Parts of Their Life (Deception & Infidelity)
- SchemerScore Q4 – Failed to Disclose They Were Already in a Relationship
- SchemerScore Q23 – Rarely Replies During Nights or Weekends

DATING #25

 Red flag or nah?

The Crypto Date

Dinner was charming — great conversation, great chemistry. But by dessert, the topic had drifted to a “guaranteed” crypto investment your date was personally involved in. They showed you a screenshot claiming \$30,000 in profit last month and mentioned you could start with as little as \$500.

ANSWER: RED FLAG

This is a classic romance scam setup known as “pig butchering.” Bringing up cryptocurrency early, combined with fabricated proof of wealth, is one of the most recognized financial fraud patterns on dating apps today.

- SchemerScore Q13 – Cryptocurrency Brought Up Early (Financial Fraud)
- SchemerScore Q22 – Flashing Large Amounts of Cash (Deception)
- SchemerScore Q21 – Flaunting Luxury Without Stable Income

DATING #26

 Red flag or nah?

The Thirst Trap Account

The person you’re dating posts heavily edited, very revealing photos several times a week. Their comments section is full of flirty responses from strangers that they actively engage with. They say it’s “just content” and that you’re being insecure if it bothers you.

ANSWER: YELLOW FLAG — discuss

This is worth a genuine conversation — individual values around social media vary. But if it bothers you, that’s valid. The more important signal is whether they dismiss your feelings as “insecurity” rather than hearing you out. Dismissal is the real red flag here.

- SchemerScore Q15 – Social Media Curated for Attention (Manipulation – Image Control)
- CrayScore Q30 – Using Opposite-Gender Attention Seeking (Validation Seeking)

DATING #27

 Red flag or nah?

The Oversharer, Too Soon

On your second date, they told you they love you. By the third, they were talking about baby names. They use pet names they say they only use for “the one.” Everything feels incredibly intense — and incredibly fast.

ANSWER: YELLOW FLAG — discuss

Moving emotionally very fast can sometimes be genuine enthusiasm — but it’s also a recognized manipulation tactic called “love bombing,” used to lower your defenses before establishing control. Pay attention to whether the intensity stays consistent or disappears once they feel secure.

- SchemerScore Q27 – Premature Pet Names / Fast Emotional Intimacy (Manipulation)
- CrayScore Q51 – Rushing Commitment
- CrayScore Q23 – Emotional Dependency (Dependency & Clinginess)

DATING #28

▶ Red flag or nah?

The Midnight Ghoster

The person you’re dating is responsive and engaged during work hours — but between 9pm and midnight on weekends, they’re consistently unavailable. No read receipts, no activity. Sunday morning they’re back, full of excuses about being tired or off their phone.

ANSWER: YELLOW FLAG — discuss

This pattern warrants a direct conversation. It may be nothing — but consistent unavailability during prime social hours, without explanation, can indicate another relationship or living situation they’re hiding.

- SchemerScore Q23 – Rarely Replies During Nights or Weekends (Deception – Secretiveness)
- CrayScore Q54 – Hiding Parts of Their Life (Deception & Infidelity)

DATING #29

▶ Red flag or nah?

The Validation Machine

Your partner needs constant reassurance. They ask multiple times a day if you still like them, if you’re mad at them, if you think they’re attractive. They get anxious if you don’t respond enthusiastically enough. They’ve mentioned their therapist is working with them on their anxiety.

ANSWER: YELLOW FLAG — discuss

Needing some reassurance is completely normal. The question is whether it’s manageable and whether they’re actively working on it. If it’s consuming the relationship or can’t be soothed, it may signal deeper insecurity that needs professional support beyond what a partner can provide.

- CrayScore Q23 – Emotionally Dependent / Overly Attached (Dependency & Clinginess)
- CrayScore Q29 – Needs Constant Validation from Others (Validation Seeking – Insecurity)

DATING #30

▶ Red flag or nah?

The Genuine Concern

After a hard week at work, your partner notices you seem off. They ask what's going on — not to fix it, just to listen. When you open up, they put down their phone, stay present, and follow up the next day just to check in. They don't make it about themselves.

ANSWER: GREEN FLAG — with conversation

This is what emotional availability looks like in practice. Being present without an agenda, following up without being asked, and making space for your experience is a green flag. It's worth recognizing these moments as clearly as we recognize the red ones.

- ▶ No red flags here. Recognizing healthy behavior is just as important as spotting patterns that concern you.

FRIENDSHIP | Scenarios 31–40

FRIENDSHIP #31

▶ Red flag or nah?

The One-Way Street

Your friend always has something going on. You've shown up for breakups, job losses, family drama, and late-night crises — every time, without hesitation. But when you went through a rough patch last semester, they were suddenly hard to reach. When you mentioned feeling unsupported, they said, "I've just had a lot going on."

ANSWER: RED FLAG

Friendships have natural ebbs and flows, but a consistent pattern where one person gives and the other takes — and deflects when called on it — is not a balanced relationship. Real friendships have mutual investment, especially during hard times. Showing little concern when others are struggling carries a Weight: 4 in CrayScore — flagging as a medium-severity item that triggers Level 3 (Consider Leaving) on its own, independent of any cumulative score. In a friendship context, "Consider Leaving" means: have the direct conversation, and if nothing changes, recalibrating how much you invest is not only reasonable — it's self-protective.

- ▶ CrayScore Q56 – Shows Little Concern When Others Are Struggling (Empathy, Weight: 4)
- ▶ CrayScore Q35 – Only Concerned About Their Own Needs (Self-Centeredness)
- ▶ CrayScore Q14 – Avoiding Responsibility When Called Out

FRIENDSHIP #32

▶ Red flag or nah?

The Competitive Friend

Whenever you share good news — a grade, a job offer, a compliment you got — your friend immediately one-ups it. When you got an internship offer, they immediately brought up their own offer that paid more. When you got a compliment on your outfit, they mentioned the designer they'd just bought. They rarely just say congratulations and mean it.

ANSWER: RED FLAG

A friend who can't celebrate you without redirecting to themselves is showing you something important about how they see the friendship. Competition is normal in small doses — but chronic one-upping signals insecurity and a need to feel superior that will eventually undermine the relationship.

- CrayScore Q36 – Frequently Brags About Achievements (Grandiosity / Validation Seeking)
- CrayScore Q37 – Superiority Complex
- CrayScore Q35 – Only Concerned About Their Own Needs

FRIENDSHIP #33

 Red flag or nah?**The Gossip Machine**

Your friend knows everything about everyone — and shares all of it freely. They've told you detailed, private things about other mutual friends, things those people clearly didn't want shared broadly. They frame it as “just being honest” or “I thought you'd want to know.” You've started wondering what they say about you.

ANSWER: RED FLAG

A person who shares everyone else's private information with you is also sharing yours with everyone else. Chronic gossip isn't a personality trait — it's a trust boundary issue. If they do it to everyone else, they do it to you.

- CrayScore Q55 – Shares Others' Private Information Without Permission (Trust)
- SchemerScore Q26 – Words Don't Match Actions (Deception)

FRIENDSHIP #34

 Red flag or nah?**The Underminer**

Your friend is supportive — until you do well. When you got into the honors program, they said, “Yeah, but it's not that competitive.” When you started dating someone you like, they listed reasons it probably won't work out. They frame it as “keeping it real” but it only ever runs in one direction.

ANSWER: RED FLAG

Consistent minimizing of your achievements or relationships — disguised as honesty — is a form of subtle cruelty. A real friend can hold both your excitement and their honest concerns without defaulting to deflation every time things go well for you.

- CrayScore Q11 – Often Criticizes or Puts You Down (Verbal & Emotional Abuse)
- CrayScore Q9 – Tries to Change Things About You You're Happy With

FRIENDSHIP #35

▶ Red flag or nah?

The Flaky Friend

Your friend cancels plans regularly — not always, but often enough that you've started over-planning to account for the probability they won't show. They always have a reason. They're also the first to be upset if you make plans without them. They describe themselves as "bad at adulting."

ANSWER: YELLOW FLAG — discuss

Occasional cancellations happen. But a pattern of unreliability — combined with expectations that you'll stay available — is worth a direct conversation. The question isn't whether they're "bad at adulting." It's whether they're showing up for the friendship the way they expect you to show up for them.

- CrayScore Q14 – Avoiding Responsibility When Called Out
- CrayScore Q35 – Only Concerned About Their Own Needs

FRIENDSHIP #36

▶ Red flag or nah?

The Boundary Tester

You've told your friend you're not comfortable with certain topics — your family situation, your mental health, your weight. They bring it up anyway, usually under the guise of "checking in." When you redirect, they say you're "being closed off" or that real friends should be able to talk about everything.

ANSWER: RED FLAG

A friend who repeatedly crosses limits you've clearly stated isn't being intimate — they're being controlling. "Real friends talk about everything" is not a principle; it's a manipulation tactic to override your right to privacy.

- CrayScore Q59 – Disregards Stated Limits / Boundaries (Control & Coercion)
- CrayScore Q14 – Avoiding Responsibility When Called Out

FRIENDSHIP #37

▶ Red flag or nah?

The Loyalty Test

When two of your mutual friends had a falling out, your friend told you privately that you needed to "choose a side" or you'd be seen as disloyal. They've done this before in other conflicts — positioning themselves as the arbiter of who deserves your friendship. When you stayed neutral, they were cold to you for two weeks.

ANSWER: RED FLAG

Forcing someone to choose sides in conflicts where they have independent relationships is a control tactic. Punishing neutrality with social withdrawal is not friendship — it's coercion in a social context.

- CrayScore Q7 – Possessiveness (Control & Coercion)
- CrayScore Q8 – Discourages Outside Support Systems (Isolation)

FRIENDSHIP #38

 Red flag or nah?**The Advice Ignorer**

Your friend asks for your advice constantly — about relationships, decisions, conflicts. You give it thoughtfully. They almost always do the opposite and don't mention it. Then the next time something goes wrong, they're back asking again. It's starting to feel less like they want advice and more like they want someone to listen to them vent without changing anything.

ANSWER: YELLOW FLAG — discuss

This isn't inherently a red flag — sometimes people need to process, not solve. But if you feel used as a sounding board with no real reciprocity, it's worth asking yourself: is this friendship feeding you, or just draining you?

- CrayScore Q35 – Only Concerned About Their Own Needs (Self-Centeredness)

FRIENDSHIP #39

 Red flag or nah?**The Fake Support**

Your friend says all the right things when you're struggling — "I'm always here," "Call me anytime." But when you actually call, they don't answer. When you really needed them last month and texted in crisis, they responded three hours later with a voice note about their own day. They have no idea they did anything wrong.

ANSWER: RED FLAG

There's a meaningful gap between someone who performs support and someone who provides it. When a pattern of unavailability is consistently excused without any change in behavior, the words stop meaning anything. Showing little concern when you're actually struggling carries a Weight: 4 in CrayScore — a medium-severity flagged item that triggers Level 3 (Consider Leaving) on its own. In a friendship context, that doesn't mean an immediate cut-off. It means this relationship is not what it appears to be, and continuing to over-invest in it is a risk to your own wellbeing.

- CrayScore Q56 – Shows Little Concern When You're Struggling (Empathy, Weight: 4)
- CrayScore Q57 – Rarely Expresses Genuine Kindness

FRIENDSHIP #40

 Red flag or nah?

The Honest Cheerleader

Your friend is one of your biggest supporters — but they also tell you the truth. When you asked them whether to send the risky text to your ex, they said no and explained why. When your presentation had a weak section, they told you before you gave it. They find a way to be honest and kind at the same time, and you trust them more for it.

ANSWER: GREEN FLAG — with conversation

This is what a genuine friendship looks like. Someone who can celebrate you, challenge you, and tell you hard things without being cruel is a rare and valuable person. Green flags in friendships deserve to be named as clearly as the red ones.

- No red flags here. This is what healthy friendship accountability looks like.

ROOMMATE | Scenarios 41–48

ROOMMATE #41

▶ Red flag or nah?

The Borrower Who Doesn't Ask

You've noticed your roommate has been using your groceries, your toiletries, and last week — your laptop — without asking. When you brought it up, they said, "I figured we're roommates, what's mine is yours." They haven't offered to replace anything or acknowledged that boundaries exist.

ANSWER: RED FLAG

Helping yourself to someone else's things without permission isn't a roommate personality quirk — it's a pattern of disregarding other people's boundaries and ownership. The deflection without reciprocity makes it worse. This will escalate if not addressed directly and early.

- CrayScore Q59 – Disregards Stated Limits / Boundaries (Control & Coercion)
- CrayScore Q39 – Disregards Rules or Social Norms (Responsibility)
- CrayScore Q14 – Avoiding Responsibility When Called Out

ROOMMATE #42

▶ Red flag or nah?

The Passive-Aggressive Notes Person

Instead of talking to you directly, your roommate leaves notes. Passive ones: "Someone left dishes in the sink again." "I guess some people don't care about shared spaces." When you try to bring up an issue in person, they say everything is "fine" and then leave another note the next day.

ANSWER: RED FLAG

Chronic passive aggression is a form of conflict avoidance that makes resolution impossible. It communicates hostility without accountability — and it tends to escalate as frustration builds without release. A roommate relationship needs basic direct communication to function.

- CrayScore Q20 – Harsh or Cruel Indirectly During Conflict
- CrayScore Q21 – Failure to Reconcile After Arguments
- CrayScore Q14 – Avoiding Responsibility

ROOMMATE #43

 Red flag or nah?

The Social Calendar Conflict

Your roommate regularly has friends over late without giving you a heads up — sometimes until 2am on weeknights. It's not malicious; they just seem to not think about it. When you mentioned it, they apologized and said they'd try to be better. It happened again two weeks later.

ANSWER: YELLOW FLAG — discuss

This is a yellow flag that lives or dies on the conversation after the second incident. Genuine forgetfulness with a sincere apology and some improvement is very different from a dismissal or a repeat pattern without acknowledgment. Talk about it directly and specifically — one more conversation is worth it before it becomes a real problem.

- CrayScore Q39 – Disregards Rules or Social Norms
- CrayScore Q14 – Avoiding Responsibility When Called Out

ROOMMATE #44

 Red flag or nah?

The Invisible Mess Maker

The common areas of your apartment are consistently a mess — dishes, trash, laundry on shared furniture. Your roommate's personal space is spotless. When you raise it, they agree it's bad and will fix it. Nothing changes. This has happened five times. You've started cleaning up after them just to be able to use your own kitchen.

ANSWER: RED FLAG

Agreeing to change without changing is not accountability — it's a strategy to avoid conflict without addressing the underlying behavior. When you've raised something five times with no change, the problem is no longer the mess. It's the lack of respect for shared space and for you. Chronic avoidance of accountability carries a Weight: 4 in CrayScore — a medium-severity flagged item that triggers Level 3 (Consider Leaving) independently of any other score. In a roommate context, that means it's time to seriously consider whether a housing change is the right move, not just whether to have another conversation.

- CrayScore Q70 – Avoids Accountability / Blames Others (Responsibility, Weight: 4)
- CrayScore Q39 – Disregards Rules or Social Norms
- CrayScore Q14 – Avoiding Responsibility

ROOMMATE #45

 Red flag or nah?

The Bill Avoider

Utilities, internet, and shared groceries are supposed to be split evenly. Your roommate pays their share late every month — sometimes by weeks — and always has a reason. They've asked you to cover them "just this once" four times. When you set a firm deadline last month, they got annoyed and said you were being "transactional."

ANSWER: RED FLAG

Financial reliability in shared living is not transactional — it's basic responsibility. Using the word "transactional" to shame you for expecting them to pay what they owe is a deflection tactic. Chronic financial unreliability in a shared space creates real consequences for you.

- CrayScore Q26 – Financial Instability (Responsibility)
- CrayScore Q13 – Deflection & Projection
- SchemerScore Q5 – Direct Financial Solicitation (Exploitation)

ROOMMATE #46

 Red flag or nah?

The Privacy Crosser

You came home to find your roommate had gone through boxes in your room looking for a charger. Another time, they read a letter on your desk "accidentally" and mentioned something from it in conversation. When you said your space was private, they said you were "acting like you have something to hide."

ANSWER: RED FLAG

Entering someone's private space without permission — and then framing their objection as suspicious — is a significant boundary violation. "I was just looking for a charger" doesn't justify it. The accusatory response to your limit makes this worse.

- CrayScore Q59 – Disregards Stated Limits / Boundaries
- CrayScore Q10 – Suspicious / Distrustful Behavior
- CrayScore Q13 – Deflection & Projection

ROOMMATE #47

 Red flag or nah?

The Overnight Guest Every Weekend

Your roommate's partner stays over essentially every weekend — Friday through Sunday. They're polite and not disruptive, but you didn't sign up to live with three people. Your roommate hasn't asked if this is okay and seems to assume it's fine since you haven't complained.

ANSWER: YELLOW FLAG — discuss

This is a yellow flag that warrants a direct, early conversation before resentment builds. The issue isn't the guest — it's the assumption. Shared living requires ongoing consent, not just the absence of complaints. Have the conversation now; it gets harder the longer you wait.

- CrayScore Q59 – Disregards Stated Limits / Boundaries
- CrayScore Q14 – Avoiding Responsibility

ROOMMATE #48

 Red flag or nah?

The Gaslighter at Home

Your roommate repeatedly denies things you both know happened. The dirty dishes you specifically saw them leave. The package they opened that was addressed to you. The conversation where you agreed on quiet hours. When you bring these up, they say you're remembering it wrong — confidently and consistently. You've started keeping notes.

ANSWER: RED FLAG

Consistent denial of shared reality — especially when it always happens to benefit the same person — is gaslighting. The fact that you've started keeping notes is itself a signal that something is wrong. Trust what you know happened.

- CrayScore Q13 – Deflection & Projection
- SchemerScore Q26 – Words Don't Match Actions (Deception)
- CrayScore Q70 – Avoids Accountability / Blames Others

CLASSMATE / COWORKER | Scenarios 49–53

CLASSMATE / COWORKER #49

 Red flag or nah?

The Credit Taker

You and a classmate worked on a group project together for three weeks — you did the majority of the research and writing. During the presentation, they positioned themselves as the lead contributor and barely mentioned your work. Afterward, they told the professor the final slides were “mostly their vision.” When you brought it up privately, they said you were “being oversensitive.”

ANSWER: RED FLAG

Taking credit for others' work and then dismissing concerns about it is a combination of dishonesty and a lack of basic accountability. People who do this have a self-serving relationship with the truth, and this pattern tends to escalate when left unchallenged. Avoidance of accountability carries a Weight: 4 in CrayScore — a medium-severity flagged item that independently triggers Level 3 (Consider Leaving) regardless of any cumulative score. In an academic or professional context, that means: stop collaborating with this person if you have any choice, and document your own contributions going forward.

- CrayScore Q13 – Deflection & Projection (shifts blame, dismisses your concern)
- CrayScore Q70 – Avoids Accountability / Blames Others (Responsibility, Weight: 4)
- SchemerScore Q26 – Words Don't Match Actions (Deception – Behavioral Inconsistency)

CLASSMATE / COWORKER #50

 Red flag or nah?

The Exclusive Clique Builder

A coworker or classmate you interact with daily is friendly to your face but has quietly organized a social group that excludes certain people — including you. When someone mentions it, they say it's "just a vibe thing." The excluded people all seem to share something in common. You've noticed they're warmer to people in positions of authority.

ANSWER: RED FLAG

Strategic social exclusion — especially when it tracks with status or power — is a sign of someone who uses relationships instrumentally. If they're performing warmth to you while organizing exclusion of others, it's worth asking which side of that you'd be on if it was useful for them.

- SchemerScore Q9 – More Interested in Who Else Is Around Than in You (Attention-Seeking – Opportunism)
- CrayScore Q71 – Uses Charm as a Control Tactic

CLASSMATE / COWORKER #51

 Red flag or nah?

The Constant Complainer

Your classmate or coworker complains constantly — about the professor, the workload, the grading, the team, the company. They're funny about it and you've bonded over shared frustrations. But lately you've noticed they never actually do anything about what bothers them, and the negativity is starting to affect your own attitude going into class or work.

ANSWER: YELLOW FLAG — discuss

Venting is healthy; chronic complaining without action is different. The question isn't whether they're right about what's wrong — sometimes they are — it's whether spending time with them makes you more or less equipped to handle your own situation. Protect your energy.

- CrayScore Q13 – Deflection & Projection
- CrayScore Q14 – Avoiding Responsibility

CLASSMATE / COWORKER #52

 Red flag or nah?

The Information Broker

A classmate or coworker is always in the know — who's in trouble, who's getting fired, what the professor said in office hours, who's dating whom. They share information with you freely. What you've recently realized is that they're also sharing information about you with other people — things you said in passing that you didn't intend to become common knowledge.

ANSWER: RED FLAG

Someone who freely shares information about others with you is also sharing information about you with others. This is not a coincidence — it's how information brokers operate. Be thoughtful about what you share with people who treat private information as social currency.

- CrayScore Q55 – Shares Others' Private Information Without Permission (Trust)
- SchemerScore Q26 – Words Don't Match Actions

CLASSMATE / COWORKER #53

 Red flag or nah?**The Overloaded Partner**

Your group project partner is genuinely trying, but they're consistently behind, missing deadlines, and stressed. When you check in, they apologize and promise to catch up. You've had to redo some of their work to keep the project on track. They haven't asked you to cover for them — but you've been doing it anyway.

ANSWER: YELLOW FLAG — discuss

This one lands differently depending on what's driving it. If it's a genuine hard season — personal crisis, health issue, family emergency — covering for a partner can be an act of genuine solidarity. If it's a pattern across classes or a habit of assuming others will pick up the slack, that's different. A direct conversation about how to redistribute the work is worth having before resentment builds.

- CrayScore Q14 – Avoiding Responsibility When Called Out
- CrayScore Q35 – Only Concerned About Their Own Needs

TOP 10 GREEN FLAGS*What to look for in new social connections*

Facilitator note: Red flags get most of the attention — but knowing what good looks like is just as important. Use this section to close the session on a forward-looking note. Ask the group: "Have you experienced any of these? What did it feel like compared to the scenarios we just discussed?"

1 They follow through on what they say

They do what they said they would do — even small things. They show up when they said they would, follow up when they promised to, and don't treat reliability as a special occasion. In new connections, this is one of the clearest early signals of character.

Dating · Friendship · Roommate · Classmate / Coworker

2 They take accountability without being prompted

When something goes wrong on their end, they acknowledge it directly — no deflection, no blame-shifting, no waiting to see if you noticed. A person who owns their mistakes without being cornered is a person who can be trusted in conflict.

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3 They make you feel heard, not managed

When you share something difficult, they don't immediately pivot to solutions or reassurances. They pause, ask a real question, and let the conversation stay on you for a minute. Being heard — not just processed — is rarer than it sounds.

Dating · Friendship

4 They have other people who care about them

They have friendships that have lasted. People who return their calls. A family member or mentor they respect. Someone with a healthy network of mutual relationships has usually learned how to maintain them — and that's a skill that will show up with you too.

Dating · Friendship · Roommate

5 They respect your time without being asked

They don't cancel last-minute for non-emergencies. They're not chronically late without acknowledging it. They understand that your schedule matters too. Basic consideration for time is one of the most underrated green flags in any relationship.

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6 They can disagree without it becoming a crisis

When they have a different opinion or a frustration, they express it directly and calmly — not through silence, sarcasm, or explosion. A person who can navigate low-stakes disagreement well is a person you can actually work through hard things with.

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7 They're curious about you — not just performing interest

They ask follow-up questions. They remember what you told them last time. They seem genuinely interested in your answer, not just waiting to talk. Real curiosity about someone's inner life is one of the most reliable signals of genuine connection.

Dating · Friendship

8 They treat people with less power the same way they treat you

Watch how they talk to servers, to customer service reps, to someone who made a small mistake at work. A person who is kind and respectful to people who can't do anything for them is showing you something real about who they actually are.

Dating · Friendship · Classmate / Coworker

9 They give you space to be different from them

They don't need you to share all their opinions, like all their music, or approach life exactly the way they do. They're interested in who you actually are, not a version of you they're quietly auditioning. Comfort with difference is a sign of emotional security.

Dating · Friendship · Roommate

10 You feel like yourself around them — not a better-behaved version

You're not editing yourself, performing, or managing their reaction to who you are. You can be honest about a bad day, a dumb joke, or a real opinion without bracing for impact. That feeling of ease isn't small — it's the whole point.

Dating · Friendship · Roommate · Classmate / Coworker

A final thought for the group

Everyone is a little cray — and that includes you. The goal isn't to find a perfect person. It's to understand the mix you're getting, name what you're feeling, and make decisions that protect your peace. Green flags won't cancel out serious red ones — but they're worth celebrating when you find them. You deserve connections that feel safe, mutual, and real.

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