

"Get the F Out of My Life: A Men's Breakup Survive and Thrive Guide" by Kregg Nance

Green Flags 	Yellow Flags 	Red Flags 
Treats the server well even if there are problems with the order	Generally treats the server okay, but is a little demanding on ordering and how it turns out	Gets angry, upset or humiliates the server if the order doesn't go well
Laughs easily along with others and at herself	Cannot laugh easily at herself but has a decent sense of humor	Laughs only at others and at the expense of others
Slow to anger and able to apologize	A little quick to anger but able to apologize	Quick to anger and can't apologize
Doesn't criticize you or others very much	Occasionally criticizes but is self-critical as well	Criticizes you and others often and not self-critical
Predictable and has integrity	Somewhat unpredictable but has integrity	Unpredictable with patterns of questionable integrity (lie easily)
Speaks about past breakups in a humble way and takes some blame for it not working out and speaks mostly well of the people	Speaks of past breakups as often the other person's fault and is somewhat negative about them, but does speak positively about some past relationships	Speaks about all previous breakups negatively and it's always the other person's fault
Never went out on her boyfriend or husband	Did have an infidelity in her life but takes blame and accountability and says she's changed	Had one or more infidelity and tends to always blame the other person
Pays bills on time and no bankruptcies	Pays occasional bills late or pays minimum on credit card bill but isn't too high of a balance and takes blame	Pays most bills late, runs up credit card and/or has declared bankruptcy
Your political / social / religious beliefs are generally in sync	Your political / social / religious beliefs are moderately different but you can discuss without too much of an issue	Your political / social / religious beliefs are very different and cannot discuss without arguing