



CHECK · HER · FIRST

# THE Check HER First VETTING CHECKLIST

34 red flags, verification steps, and conversation scripts to help you see clearly before you fall deeply.

*“I was married for 10 years to someone who lied about everything. His sobriety. His fidelity. Everything he swore to my face was true. I had no idea until I did.*

**Now I help you see what I couldn't.”**

— HER.

## HOW TO USE THIS CHECKLIST

1. Go through each section honestly. Check the box if it applies.
2. Don't explain away the flags. If it's there, check it.
3. Count your total at the end. The scoring guide will help you interpret.
4. Trust your gut. If you're reading this, something already feels off.



## SECTION 1

# Behavioral Red Flags

These are the patterns she missed for 10 years. Don't miss them.

## Love-Bombing & Intensity

- Declared love or "soulmate" status within the first few weeks
- Wanted to spend every moment together immediately
- Made grand future plans (marriage, kids, houses) very early
- Showered you with gifts, compliments, or constant attention
- Got upset or sulky when you spent time with others

## Control & Isolation

- Subtly discourages you from seeing friends or family
- Makes negative comments about the people closest to you
- Wants to know where you are at all times
- Gets jealous of coworkers, male friends, or even your hobbies
- Your social circle has gotten smaller since the relationship started
- You feel like you need "permission" to do things

## Deflection & Manipulation

- Turns your questions into arguments about trust
- Uses guilt when you set boundaries ("I guess you don't love me")
- Gaslights you: denies things you clearly remember
- Never takes accountability. Everything is someone else's fault
- His ex is always "crazy" -- every single one
- You feel confused or anxious after conversations that started fine

## SECTION 2

# Verification Red Flags

Things you can actually check. She wishes she had.

## Digital & Social Presence

- Has little to no social media presence
- No tagged photos from friends or family
- No digital footprint before a certain date
- Keeps his phone face-down, on silent, or takes it everywhere
- Gets defensive if you're near his phone or laptop
- Has apps you don't recognize or hidden folders

## Background & History

- You've never met anyone from his life before you
- His employment or education history can't be verified
- Stories about his past change or have inconsistencies
- He avoids specific questions about where he grew up or went to school
- No verifiable address history
- He pays for everything in cash or has financial secrecy

## Family & Relationships

- You haven't met his family after significant time together
- He always has excuses for why you can't meet them
- His friends seem surface-level or recently acquired
- Former partners or friends have tried to warn you
- He has unexplained absences or "work trips"

## SECTION 3

# Your Score

Count the total boxes you checked and find your range below.

**Total checked:** \_\_\_\_\_ / 34

**0-3 flags:** Low concern. Stay aware, but things look healthy. Keep this checklist for future reference.

**4-8 flags:** Moderate concern. Some patterns are emerging. Have honest conversations. Consider a background check.

**9-15 flags:** High concern. Multiple red flags are present. Strongly recommend verifying his background and talking to a trusted friend or professional.

**16+ flags:** Critical concern. This is a pattern of deception or control. Please reach out to someone you trust. You deserve the truth and you deserve safety.

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## SECTION 4

# Quick Background Check Guide

You don't need to be a detective. These free and low-cost tools do the work.

### Step 1: Google his full name

Use quotes: "John Michael Smith" + city. Check the first 3 pages of results. Look for news articles, court records, or social profiles.

### Step 2: Reverse image search his photos

Go to [images.google.com](https://images.google.com), click the camera icon, upload his photo. See if it appears elsewhere under a different name.

### Step 3: Check court records

Search your county's court records website (free). Look for criminal cases, civil suits, restraining orders, or divorces.

### Step 4: Run a people search

Use free tiers of BeenVerified, TruthFinder, or Social Catfish. Enter his name and city. Look for aliases, addresses, and relatives.

### Step 5: Search the sex offender registry

Go to [nsopw.gov](https://nsopw.gov) (National Sex Offender Public Website). Search by name and state. This is free and takes 30 seconds.

### Step 6: Verify his employment

Call the company he says he works for and ask for him by name. Or check LinkedIn for connections who can confirm.

## SECTION 5

# Hard Conversation Scripts

Exact words to use when you need answers without starting a fight.

### About his past:

*"I love learning about you. I'd love to hear more about where you grew up, your family, what your life was like before we met. It helps me feel closer to you."*

*If he deflects, gets angry, or changes the subject every time, that's your answer.*

### About finances:

*"I think it's important for us to be open about money as we get more serious. Can we sit down and share what our financial picture looks like? I'll go first."*

*If he refuses or gets defensive about basic financial transparency, take note.*

### About his phone behavior:

*"I've noticed you keep your phone face-down and take it everywhere. I'm not trying to snoop, but it makes me feel uneasy. Can we talk about it?"*

*Watch his reaction more than his words. Defensiveness or deflection speaks volumes.*

### About meeting his people:

*"We've been together for [X months]. It would mean a lot to me to meet your family or some of your longtime friends. When can we make that happen?"*

*If there's always an excuse, ask yourself: what is he protecting you from seeing?*

### When your gut says something is wrong:

*"I want to be honest with you. Something has been feeling off to me and I can't ignore it anymore. I need us to have a real conversation about [specific concern]."*

*You don't owe anyone an explanation for trusting your instincts.*

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## A note from Her

If you checked even a few boxes on this list, please don't ignore it. I ignored mine for a decade. You don't have to.

You're not paranoid. You're not crazy. You're protecting yourself. And that is the most loving thing you can do -- for yourself and for the people who need you to be safe.

I'm here. I see you. Check first.

**With love, Her**

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Share this with a friend, a daughter, a sister. She'll thank you.