

# Reading Between the Red Flags™

## A Quickstart Guide to Covert Abuse

For the woman  
who's been  
confused,  
exhausted, &  
starting to wonder  
if it IS all in her  
head...



A free resource  
by Goddess Speaks Fire™

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# OPENING NOTE



Before we begin, take a deep breath.  
If you're here, it's not because you're  
broken.

It's because something sacred inside  
you finally whispered,  
"This doesn't feel right..."

You're not overreacting.  
You're waking up.

*Let's walk through this slowly*

*Together.*

# MINI GLOSSARY

## What Covert Abuse Looks Like

💡 These aren't "communication problems."  
They are control tactics.

**Gaslighting:** Making you doubt your memory, your emotions, or your version of events.

**DARVO:** Deny, Attack, Reverse Victim and Offender He hurts you, then plays the victim.

**Stonewalling:** Refusing to engage, shutting down communication completely.

**Future Faking:** Making promises to keep you hoping, with no intention of follow-through.

**Projection:** Accusing you of the very things he's doing.

**Love Bombing:** Intense affection that disappears once you're attached.

**Passive Cruelty:** Silent treatments, backhanded compliments, withholding affection.

# Am I Being Covertly Abused?

Check all that apply:

- He leaves out just enough truth to make you question your version of things.
- You rehearse what you want to say so he won't twist your words.
- You often feel like you're the crazy one... even though you used to feel confident.
- He accuses you of being "too emotional" right when you're finally speaking up.
- You feel lonelier when you're with him than when you're alone.

2 or more?  
You're not overthinking.

You're uncovering.

# RED FLAG DECODER™

What he says → What it actually means

**“You’re too sensitive.”**

→ I don’t want to take responsibility for hurting you.

**“You twist my words.”**

→ You remembered what I said. I just don’t like how it sounds now.

**“I never said that.”**

→ I said it. But I need you to question your memory.

**“You’re the one who started this fight.”**

→ You set a boundary and I didn’t like it.

**“I love you. I’m just stressed.”**

→ I’m going to keep mistreating you and blaming it on something else.

**Love shouldn't feel like detective work.**

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# YOU ARE NOT OVERREACTING

You didn't imagine the silence.

You didn't mishear the lie.

You didn't make it hard to love you.

You made it possible for him to keep hiding.

And now that you're seeing clearly, he calls it  
crazy.

But it's not crazy to want safety.

It's not clingy to want connection.

It's not needy to want the truth.

It's sacred. It's survival.

& you are finally hearing the fire in your own  
voice.

# WHAT TO DO NEXT

*If you're recognizing covert abuse*

Start documenting things discreetly like dates, what was said, how it made you feel.

Screenshot texts or emails that feel off; even if you're not sure why.

Stop explaining yourself. You don't owe anyone a perfect narrative.

Tell one safe person. Shame shrinks when spoken.

Access support resources on [readingtheredflags.com](http://readingtheredflags.com)

Download the free journal (Half Loved, Fully Confused™) to pick up where this guide leaves off.

You're not just seeing red flags.  
You're waking up inside the wreckage...  
And that awakening deserves to be honored.

Keep going.

This guide is just the beginning.

**Dear Reader,**

**If your chest clenched when  
you read that quiz...**

**If you're wondering whether  
you're overreacting**

**That's your body trying to  
bring you home.**

**The woman you were before  
him is not gone.  
She's just buried under  
survival.**

**But I promise... she still  
knows the way out.**

**You don't have to make a  
decision today.**

**But I hope you decide to  
believe in yourself again.**

**With you all the way,**

*Jenny Josaphat*

If this guide spoke to something deep in you...

If you're starting to see that what you've been living with isn't the love you deserve, then it's time to keep going.

You don't have to untangle it all alone.

✨ Download the full journal that's waking women up around the world  
Half Loved, Fully Confused™  
(free digital journal)

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