

Transcript: Relationship Green Flags with guest Stacey Alvarez de la Campa | TIS Ep. 63

Welcome to the introvert sisters, the podcast by introverts, for introverts hosted by Sharon and Lisa two INFJs with a lot to say.

Hi, I'm Sharon and at least that I'm together. Welcome to the introvert sisters. Welcome to our podcast. Welcome. Welcome. Welcome. We are thrilled to welcome back our favourite introvert and sister friend Stacy Alvarez de la Campa. Welcome Stacey. Stacey is the founder of worldwide sustainability warriors, an educational consultant at One Ocean Hub University of Strathclyde and the anti money laundering administrator at LEX Caribbean Attorneys at Law.

But that's not what we're talking about today. Yeah. Last time, Stacey was with us. We talked about relationship red flags. And you know, as we wrapped the episode, and Stacey said, but you know, we learned a lot about the things that make a positive relationship from those red flags. Yeah. So you know, this is one of the good things, if you can call it that, about being in those really bad relationships. So let's talk about, you know, what have we learned? What are the green flags? What are the things that we're looking out for in our current relationships that are positive?

Okay, so Sis I could really actually throw that back to you this? Because no, here's my question to when you you know, you're, you know, happily married, right. And so I remember when I met Stephen for the first time, right. And, and I said, and they said, so when is the wedding.

She did she did she right.

So, so I know what what, you know, I observed, but what made you want to what, what were your green flags with him?

Well, here are the, you know, here's the thing. One of the things I learned is that it's very important to have a person who accepts you for who you are, you know, amen. Amen. You know, he did not make any attempt to change me to order he met me with my short afro, he did not - like one of my previous partners - accuse me of having man head. Right. You know, he, he thought I was great, just the way I was. And I think one of the things that I that that, you know, I still remember, it may seem like a small thing. When we met, I was in the middle of finishing up a master's. And we were supposed to have a date, he came to my house to pick me up. And my printer had been playing up. And it was a printing, it was two days before I was due to submit the thing for binding, right. He sat with me and helped me feed the thing in one other time until the dissertation was through. Yeah, right. And so I said, Okay, that is somebody who cares about my well being. Yes. So that that was a that's a major green flag, somebody that put himself out to make sure that I had what I needed in that moment. Right. He did not pout about the fact that we were not doing Oh, yeah, that's easy. There was no argument. There was

no discussion. And it was clear. This was not the time for us to be going out climbing. Right. I need this dissertation done. Right. Yeah. So yeah, I will start with that. Yeah, those things may come out. Yeah. So I'll share one of your Stacey, one of your green flags.

I think one of mine is linked to yours. When you said that, you know, this was your dissertation. This is your masters, somebody who positively encourages your ambition and your potential that sometimes you don't even see. So someone who would encourage you to Yes, you know, pursue that fellowship, you know, help you realize that, okay, if set your deadlines if it is that you have to submit something that takes precedence in that moment, where the two of you are going on a date together, because it's precisely that it's a moment that's going to lead to your ascending to where you need to be right. And that's absolutely crucial. They don't see that ascension is taking away right from the totality of your relationship. So that's one another one that's linked to what you said was someone who accepts you exactly who you are, but will call you out on your ish. Out with that, so who will see, you know, you know, Stacey, maybe you should look at it from this point of view because x y Zed because I tend to be rainbows and unicorns, both worlds are beautiful. And somebody will say, as you say, with kindness, remember to look at it from this perspective. Yeah, remember to see it this way. And you know, when sometimes I tend to do one of the things I do, I will definitely procrastinate. If it's something that I don't want to do, procrastination is one of the one of my worst traits and my boyfriend now will accept that and say, no, no, we need to get this done. Or you need to get this done. There's no point of waiting. I know that you also have this to do but Right. So somebody who will, you know, as you say, in a healthy manner, yes. Yeah. Because that sets the scene for you to call them up on their issue. Yes. Yeah. So make sure you do that that's you know, it's not combative. It's not combative at all. It's healthy dynamic.

That's where you want to go flag.

Yeah. There's so much that I relate to what you both said already. In terms of calling people out. I think that being able to have healthy dynamics, how the interactions calm. You know, I have experienced a lot of unfortunate relationship chaos. And so I look for calm. I look for peace and look for gentle waters. Yeah. And look for you know, can this person be your safe space

stability, stability, stability, right.

And I think what, when one is younger, you might think of as Oh, is this is boring. Thank you. Listen, boredom is so sexy to me. Give me Give me a call it I love it. Yeah. You know, because because you call it boredom. I call it stability. I call it calm. I call it peace of mind. safety, safety. Not physical and emotional. psychological safety. Right.

Yeah, right. And that's what I you know, it's really it's really interesting because for me, it's like, I do not thrive on the chaos. I don't write I do not throw pillows. Right. So for so for me, the fact that you can disagree about something respectfully. Yeah, there are things that aren't you know, everybody in every relationship knows there are things that you don't agree on. Yeah. But it's how you handle that. Really? Yes. You know, you know, I said to somebody, and you know, and they didn't believe me, I said, you know, Stephen and I don't fight. Right. We don't fight. We disagree on things. Yes. are different. Right. There are no slanging matches, yes. There are no thrown objects. Yes. There's none of that. You can

disagree. Yeah. You know. I, yeah. Yeah. And, uh, you know, I'm just the knowledge that you can do that, you know, that's like psychological safety. And that's a whole different opinion. Yeah. without it degenerating into chaos and violence. Right. That's, that's really, really important. That is a major green flag. And again, it is something that you can, you know, you can you can spot early to say, well, you spot the negatives early. Yeah, you can get out you can when you're psychologically safe. Right. So, all right. Over to you stay safe for another one. Well, I

was saying that idea that you can disagree respectfully. And there are times when an issue is done, it has done me wrong back again. And that happens so often, that we don't realize is actually quite dysfunctional in different relationships, not just intimate ones. But the fact that situations can be resolved. Yeah. resolved, they won't be revisited to be thrown back in your face. Because we're you see, you know, when we're younger, that drama, that passion, no, no, no things can be resolved, you will learn from it in the course of the relationship, and the relationship will be built to another level. That I think is another major green flag, the stability in the when you do make a mistake, because you'll make mistakes. There'll be a resolution, and it will end there. And that may seem boring,

right? Because there's no there's no. Oh, we broke up. Right? There's no drama. I don't want the drama. I do not want the drama. All right, right. And hearken back to something you said earlier, Stacey about was it you said about being able to, I guess, like take advice or be given right or right. And so I know, you know, you have to be self aware, right. And there are times when I may or may not be so impulsive. And so, you know, the person that I'm with is the absolute antithesis of being impulsive. Right. And so, I do remember, there was a time where, you know, I was, you know, between lost a job and was in the running for another job. And, you know, with people were just honestly, the whole process was just taking too long. Yeah, that it finally got to the point where they sent an offer letter, but then I think I returned to them. But then there was another period of silence. And me being me. I was like, these people are not professional.

He was like, nice. Yeah.

You're not employed. You're not employed. And this is the job that you said that you really wanted. Yeah. Excellent. Take a breath. Yeah, right. Not only being able, him feeling safe to tell me that without feeling because it works both ways because he felt that he could tell me that I would receive it. Yes. Right. And so and that on my end me being able to receive it without it feeling like an attack or character assassination, because part of being in a healthy relationship is also being able to be teachable. You're going to be learning from each other at all times. Yes. Right. So being teachable, being coachable, being able to receive from this other person's benefit from this other person's life experience and ideas and opinions and being able to say, You know what? You are, right. Yes, you are. Right, that is a great idea.

And not having that being held against you. Right, on in either direction, in either direction, either direction. So

I just want to add on to that, that that is that is a big one. Right. And for me,

being able, having the acceptance that you can have other interests, yes, that you can do your own thing, right. There are things healthy, and you know, me. So you know, Stephen has his football. Yeah, I have my pub quiz, right. Sometimes I might watch a map, sometimes he might come to quiz. But basically, we have our spheres. Right. And we accept each other with those spheres. They're things one or other of us likes more than the other. Right. And that's fine. That's absolutely fine. We do not have to be completely aligned on every single thing, as long as we are aligned on the major direction. Yes. Right.

And to add to that, to add to that not also added that friends, right? Yes. You don't have to have all the same friends.

It's actually healthy. When someone actually has friends

because they are their only source of emotional whatever. Oh, yeah, they have friends. That big. And actually long standing friends. Yes. Yes. The person that I am with no. I think all of his friends are probably from definitely from primary school. Mm hmm. Some even prior to that. Yeah, right. I let me tell you. They are they're like my brother. Yeah, yes.

Right. A friend's friend Georgia, those

stranded go on. I am happy. I'm like, Are you going out with again? Yeah, please. Do that. Please. Go ahead. No,

because yes, it must never be a problem. A green flag is when you can go out and sing without it being a problem for the other party. Or they asked what when did you have a good day? Yes, exactly. Yeah. Rather than be constant checking up. Yeah. Yeah. socialized

to believe that that's flattering. It is. It's not it's actually not flattering. Yeah,

definitely. Oh, yeah. All right. So what else? What else have you experienced that you that you love in your current relationship? They are green flag for you.

A huge green flag? Is there varying levels of intimacy, and things that we don't traditionally associate with intimacy are very, very intimate and some of those things. For example, the companionable silence. Oh, yeah. So we're sitting reading because we all know we're into more of that we all know that we you know, we love we're reading we love doing our own thing. You know, the fact that with my current boyfriend, we can sit side by side. And there's this nice synergy as opposed to, you know, oh, my goodness, you know, why where's the where's everything?

Right the energy? Because there's no, there's a very threatening energy that can happen to the other way around. Yeah, silences silences can feel very ominous. Yeah, I agree with you to be in a space where the silences, the silences, feel welcoming, and

very welcoming and healthy. You know, we can punctuate that with a comment. Yes, a question without it suddenly being Oh, well, where you're not talking or you're quiet today? No. Well, we know as introverts. Oh, goodness, we need that silence. And that's my other green flag when you need your introvert time. That's never a problem. And it's not taken personally. A huge green flag is when your partner doesn't take things personally. They don't become about them. Yes. Which again, we're we're socialized to believe or we you know, you should you should feel threatened or you should because because they love us to hold on to No, no, no, no. Everything is fine. Not feeling threatened and in a healthy way. That's huge free

and I would also add another one is ability to genuinely compromise

the word genuine, not okay. I'm gonna store this up as points later. Yeah, yeah, that is not compromise. So the ability to say, You know what? Why don't we, you know, you're you're you're at or whatever issue you're at at 10am at 50. Let's meet in the middle. Now, that is not necessarily going to work for every case. But, but but but that's fine. There's going to be cases where something means more to one party than the other. Yes. If direly, right? No, if you I'm trying to think of an example. But you know, if you like exercising, you want to exercise every single day. And that is part of state of being. Right. But there are times where he wants to do something different that time. Yeah. You know, okay, fine. Maybe 90 95% of the time you get that every now and then you're like, you know what? Let's go and do the Yeah, yeah, that is normally there's joy during my normal workout time is just a gift. Yeah, it's just a relationship gift to that

another though. Another red flag.

Yeah. Not having come back. Yeah,

yeah, yeah. Another really good green flag is when someone asks for what they want. And yeah. So something that you're asking is concrete, there's a concrete ask, as opposed to asking you to change who you are and what you're about. So someone says to you, we never spend enough time together, because you're always exercising. And I wanted to spend more time together. But how about, you know, the company? Let's have a date night? Yeah, couple of times a week or once a week where we focus on it, because they're asking for what they want. Yeah, it's very much up to you to say, Oh, well, yea or nay. But think about that. If you you're laying a foundation for what someone want, because again, we focus on what we don't want. Yeah. Or we don't like but what is it you actually want and have that person that's a green flag? When they asked concretely. Yeah.

The green flag is when you feel like you have a full partner. Yeah, right. Now, I'm going to talk about this particularly in relation in relation to parenting. Right? Because there's this idea that the you know, that women, women are the mothers and fathers are doing a favor to take part. Right?

Yeah, no, choose one day, but also, okay. I'm like, No,

my husband has never been like that. He has always been fully involved. And I because I remember early, early on, when when my daughter was little, and I said, you don't have to go somewhere. And they said, so. You know what's happening with your you with your daughter?

She was abandoned.

With her father. She's with her father.

Oh, that's a good one. But the thing is, is like we're so conditioned society so conditioned. Yeah, everything has to fall on. Yeah.

And so. So this, this, this, this relationship dynamic where, you know, you you serve in where necessary, you know, you got to go out and do this particular thing. Okay, I'm going to do this, or are you going to be out doing so? So So all right, I'm going to pick up so and so from school today, or whatever? No. No, it is just it is just the weird dynamic. I think that is so important. Right? That is a major green flag. When you feel like you have you're putting together in a relationship, whether it's about parenting or something else, you know, you have you know, what your direction is? Yeah. And you're jointly working in a sense of shared enterprise. Yeah.

Right. And a sort of related to that, beyond beyond parenting, or in addition to parenting is general chores and things of that nature in general, right. Just life, you know, like maintenance, right? Grocery Store runs and all that sort of stuff. You know, he's always something to do bills to pay blah, blah, blah, right. Pick your pick your division of labor. Yeah. But But there does have to be one. Right. And the right person, it's just going to work. It's like, okay, this is what I you know, fortunately, you know, my person is an accountant. Am I ever going to be doing taxes? Absolutely. No, that was not my area is not my area. This area. Yeah. Right. And that is okay. Yeah. Right. He knows that the right time. Yeah. So that's all I owe you. Yeah. Right. And there's other things that are all on me, which is okay, you know, just just divide and definitely, like, really divide and conquer. Right. That energy of literally are separate but pulling together. Yes. Yeah. Right.

Love that. Another one? Oh, we have some good. Yeah, another very good green flag for me as someone who actively listens, particularly us as women, with a male partner, your your male partner will listen to you. Because we get very used to men centering themselves and their experiences and all they talk about them and we accept them more readily than we should. To me, somebody will listen quietly, or it's the opposite of something's ominous What's wrong, right? Some of that she's listening and taking it in, and so receive that.

And of course, then, sometimes they act on what they have heard in a very positive way and you don't even know about this thing months ago. because that is a real that is a real good. I have to say I feel very blessed. Yeah.

You know? Yes. You know? Yeah, for sure. You know. And I mean, we all know about the, you know, The Five Love Languages, right? And so it is it is important to be with someone who is at least willing to love you in the way to be loved this works in both directions. Right? Because if you don't care about I

don't know, receiving gifts, that's not a big thing for you. That's fine. The other person might though, yes, but they might let you know come I don't know Christmas time or whatever. They might want you to give us a give something charity on their behalf because they don't want to right? Yeah, yeah, me personally, what my presence. I'm just saying, but that's okay. You know, but but just loving people in the way that they need to be loved. You know what, also, on that note, this is very specific, please, I've given people vacuum cleaners, it's tough for them to do labor, you know, oh my

god, it's fine appliances.

People fall in love with their gadgets. And that's a different case. Than Oh, I'm going to give you this gift so that you can do this thing for me not buying a frying pan. I'm not right.

Back into red flag noise. Like if you're really paying attention to your partner, take what their love language is, and choosing to love them in the way that is meaningful to them. Yes. Yeah. Ever been on the receiving end of that? You know, it is it is a beautiful thing. So sometimes, you know, like, I've had, you know, the President with no sometimes let's say maybe he might not be feeling well, but I need you know, to do something, you know, and I try not to obviously, you know, lean too heavily in a circumstance like that, but there are times where like he's putting himself out

and that is a major

major inconvenience themselves. Yes. And yeah, therefore you Yes. That's a huge you know,

if there's something that you need to do and you know, but then you know, on your on your end your end is to minimize how much you're leading. Yeah, if you're no it's not a good time for that person. So it's that positive given to that and then

the little things yeah, sometimes a little thing Yeah, you know, when they bring you a cup of tea Yeah, yeah, you know, will they be passing and see your Favorites can decide to and decide to bring to bring it for you just because I would say Will they give you a Will they will they gift you something you don't know something large will be something tiny right? Just because it was that kind of thing?

Oh, I saw this Exactly. Or I think you said one of you said earlier oh I knew you know you needed XYZ Yeah, I was passing the market so I hear you Yes. That's

amazing. Yeah. Good ones that we again we don't play to miss the present and your presence yes green flag Yeah good. Through all things that you do this present but my you know, my significant other now I had my kitten was injured and I had to take this kitten to the back and we usually you know that day we usually used to go in lame and hang out and I said to him Well, I'm not sure how this is gonna work. But you please go. I'm gonna take you know I'm gonna take Luna to the vet. This point this was RSPCA it was a Saturday so right it would be hours. I said no, I had to absolute absolute acre. And I said no, you go ahead and you do your laying with your friends and all that. And I've been waiting at the vet for about two hours and my boyfriend turned up after the vet to stay with me. Oh, just because he knows I'm like the ultimate cat lady. Oh goodness. Oh, man. I did not expect him and I will always

remember that's what we're gonna talk about falling in love with someone 10 times more Yes, but he chose to come you know and stay with me and

sometimes it's boring. Yeah, right. Yeah, you know just see the post office soon good conversation was doing nothing yeah, there's a person so

remember that the presence of presence that somebody doesn't give you something because again that comparison we as women do. Give you the dangling but mine turned up with me to the math. Yeah, I love that. And that's exactly what I needed

because the diamond ring is wonderful. Yeah, but

no, but I'm gonna keep you warm. Yeah, it really is the ring does not make For, like you said for absence and no lack of nurturing Yeah. Also also someone who is willing because there are going to be peaks and valleys, relationships, and one who is willing to do the work to like if you're in the valley relationship. Yeah, it gets you back on a solid footing because both of you have to be willing to work on that. So a green flag is somebody who is willing to say, You know what? It couldn't be less if you get to that point, you know, let's go to therapy. Or it could be as simple as, you know, I mean, we had a bad boy just going Yes. Yeah. Remember why we fell in love? Yeah. You know, or something? Any anywhere along that continuum?

Right. Yes. And, you know, just another green flag is, you know, enjoying spending time together, even doing small things. It doesn't have to be it doesn't have to, you know, it doesn't have to be a big thing. It can be you know, you, you have a coffee date, once a week, really not expensive, but you sit and chat, you know, sometimes we don't have the same conversation we could have had in our living room, but, but it's more, so you know, that there's a green flag? Yes, that is a flag and you know, the here's the thing, you know, when you when you find that there are these green flags, and sometimes you you notice the green flags by the absence of red flags. The way you find it implies you say, Okay, this one's a keeper. Yes.

Can we just see in the modern world, right. I'd be interested to hear how you guys feel about this. Someone who is willing to let you go to their phone? Well, that's interesting. Yeah, no, not saying, I'm not talking about you. Obviously, not somebody who can say, hey, you know, typing my password. I look for XYZ.

Answer it on Yeah. Yeah. That makes sense. Yeah.

Yeah. Yeah, right. Because, you know,

someone who is secure in himself and his own identity, no more shared email accounts. Yeah. No choice. No, no, no, no, I understand. I understand that, you know, when choose

a path of least resistance, but yes, but but the right person to ask you for that, you

know, exactly. So green flag, green flag green flag. You know, when you have separate identities, you can have separate bank accounts, you can have separate whatever, you know, and it is not a problem that we all join together. Yeah.

are separate together, separate together,

let there be spaces, and they are together. That's right. Yeah. And, and that is okay. Yeah. And that is okay. You know, yeah, right. I think. Have we got any more green flags?

I'm sure. I'll think of some Yeah.

I think I think I think these are, you know, we covered we covered a lot. We covered a lot a lot. We've given people a lot to think about. Yeah, and, you know, I am grateful that, that we that we did this. Yes. I'm very grateful that we did this. And so Stacy, thank you so much. For joining, you know, playing along with us. Yeah,

you know, I think it's important to balance yes or no, just focus on what's wrong, but also what's right. Yes. And so that's another one. Yeah. Well, okay. You know, I'm actually because, because the right person will do that. Yes. With you. Yes. They will not be tearing you down, focusing on what they love. Yes. And that is important. You're correct. Right. And so we're also focusing on what's right. Yes. So thank you, Stacey, for joining us. Wonderful. This was amazing. And we will catch you on the next episode. Thank you for listening. Bye.

You've been listening to the introvert sisters. loved what you heard. You can catch all our episodes on Apple podcasts, Spotify, SoundCloud, and all other major platforms. subscribe, rate and review. Find us online at the introverts sisters.com And follow us on Instagram and Facebook at the introverts sisters. See you next time. Peace