

Why use this journal to document and record instances of stalking behaviour?

- **Documentation:** It provides a record of stalking incidents, which can be helpful if / when you report the behaviour to the police.
- **Anxiety reduction:** Having a written record can help reduce anxiety by providing a structured way to document and process the events.
- **Preparedness:** It can help you prepare for conversations with the police or legal professionals by providing a clear overview of the incidents.
- **Evidence for legal proceedings:** The logbook can serve as evidence. However, you do not need to have made a log or collected evidence to make a report to the police.

Information about the stalker

If you know, record the following information about who is stalking you:

Name:

Date of birth / age:.....

Address / contact details:

.....

.....

Occupation:.....

Place of work or study, and other places they frequent (such as a gym, local pub, etc.):

.....

.....

.....

.....

.....

Physical description (hair colour and style, facial features, height, build, ethnic origin):

.....

.....

.....

.....

.....

.....

Can you recall if the events started happening after an event no matter how ordinary, insignificant it may seem or how big?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

When you think about the stalker how do they make you feel:

.....

.....

.....

.....

.....

.....

.....

.....

.....

How to use the stalking journal

Record the full date and time: Include the exact date and time of the incident.

Describe the location: Note the address or specific location where the stalking occurred. Record the proximity. Do you know if there is CCTV in the location?

Detail the behaviour: Write down what the stalker did or said. Record even behaviour that may appear ordinary or minor (such as following you or approaching you, any face-to-face communication, or any incident of physical contact).

Identify individuals involved: If possible, record the names of any friends present or involved in the incident.

How the incident made you feel: Document the emotional and physical feeling. Were you frightened, anxious, worried, feared violence may be used?

Document reporting: Record if you reported the incident to the police.

Attach evidence: Include photos, videos, screenshots, or other relevant documents as evidence. Do not feel ashamed.

Has anything changed since the stalking started: Have you had to change anything because of this incident? For example, changing your route to work, seeing your GP for support, blocking them on social media etc. Has this impacted any children, or anyone else – such as family, friends, or colleagues?

Journal: If you can it is useful to record as many incidents as you can from the beginning any contact started with the person who is stalking you – don't worry if you can't remember every detail, but a history of what sort of incidents happened and how often is helpful.