



If someone is stalking you, it is important to **write down what happens**. Keep a log of the person's actions. Save messages, photos, notes, or screenshots. This record can help keep you safe and show proof of what is happening.

Start your log as soon as you can. If you have not started yet, that is okay. **Take some time to think back and write down past events you remember.**

Write things down **soon after they happen** so you remember the details. Keep your log in a **safe place** where you can find it quickly. You can keep a paper copy in a folder or save a digital copy. Tell a trusted person where it is.

Write down **every unwanted action**, even small ones. Small actions over time can show a pattern. Examples include:

- Many calls or texts
- Showing up at your home or work
- Sending gifts or letters
- Tracking your location
- Hacking your accounts
- Threats or anything that makes you feel scared or unsafe

Save **digital evidence** like texts, emails, photos, or screenshots. Try to **match this evidence with the log entry** for the same incident.

A friend, family member, or advocate can help you keep the log. You do not have to do this alone.

Do not include private details you would not want the stalker to see.

Your log may help with **protection orders, court cases, or police reports**. It can also help people understand stalking better and improve safety programs.



Date of Incident	Location of Incident (i.e. physical location, technology used, online platform)	Description of Incident	Any witnesses?	Other Notes/Evidence
<i>Feb 1, 2022</i>	<i>My office building</i>	<i>My ex showed up in the parking lot when I was leaving work for my lunch break</i>	<i>My coworker, Cameron</i>	<i>I was unsettled and called in sick for the second half of the work day</i>
<i>Feb 14, 2022</i>	<i>Phone</i>	<i>My ex called me 15 times and left long, angry voicemails</i>	<i>No</i>	<i>I took a screenshot of the call log and saved the voicemails</i>
<i>March 5, 2022</i>	<i>Home</i>	<i>Received 2 dozen roses at my house without a card saying who they are from</i>	<i>I don't think so</i>	<i>I called the florist to ask who sent them but they wouldn't tell me since the person asked to remain anonymous</i>

