

Stalking Behavior Checklist

Name: Emily Johnson

Date: September 15, 2024

The Stalking Behavior Checklist is composed of 25 items that help a possible stalking victim recognize the signs of stalking. Responses are rated on a 6-point Likert scale from 1 (never) to 6 (once a day or more).

1	2	3	4	5	6
Never	Once a month or less	Two to three times a month	Once or twice a week	Three to six times a week	Once a day or more

This scale is not a substitute for professional help or legal action.

If you suspect that you are being stalked, please seek immediate assistance from law enforcement and a qualified mental health professional.

Statements	1	2	3	4	5	6
1. Broke into your home.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
2. Violated a restraining order.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
3. Attempted to break into your car.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
4. Threatened to cause you harm.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
5. Broke into your car.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
6. Attempted to harm you.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
7. Physically harmed you.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
8. Attempted to break into your home.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
9. Physically harmed themselves.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
10. Stole/read your mail.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. Damaged the property of your new partner.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
12. Threatened to harm themselves.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
13. Made calls to you at your home when you didn't want them to.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
14. Came to your home when you didn't want them to.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
15. Followed you.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
16. Made hang-up telephone calls.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. Sent you unwanted gifts.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
18. Made calls to you at work when you didn't want them to.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
19. Watched you.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

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Never	Once a month or less	Two to three times a month	Once or twice a week	Three to six times a week	Once a day or more

Statements	1	2	3	4	5	6
20. Came to your workplace/school when you didn't want them to.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
21. Left messages on your answering machine, voice mail, or e-mail.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
22. Sent photographs when you didn't want them to.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
23. Made threats to your new partner.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
24. Sent letters to you when you didn't want them to.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
25. Harmed your new partner.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

Total score: 112

Scoring and interpretation

Tally the scores and divide by 25 to get the average. Higher scores are indicative of greater levels of violent and harassing behaviors.

Total average: 4.48

Subscales

Subscales can be calculated individually by getting the average for each subscale. Sum up the score, then divide by the number of items in the subscale:

- **Violent behavior** (Items 1-12) (12 items): 5.08
- **Harassing behavior** (Items 13-25) (13 items): 3.92

Additional notes

Emily, it's clear from this checklist that the situation with your ex-husband is very serious and dangerous. I strongly urge you to seek immediate help from local law enforcement and consider getting a more robust safety plan in place. Please know that you have our full support, and we are here to assist you with any steps you need to take to ensure your safety and well-being.