

Stalking Behavior Checklist

Name: _____ Date: _____

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

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

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

Total score: _____

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: _____

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): _____
- **Harassing behavior** (Items 13-25) (13 items): _____

Additional notes