Stalking Behavior Checklist

The following questions focus on unwanted contact from your current/former partner during the last 6 months. For each question indicate how often your current/former partner engaged in each of these behaviors.

1 = never 4 = once or twice a week
2 = once a month or less 5 = three to six times a week
3 = two or three times a month 6 = once a day or more

_____ 1. Broke into your home
_____ 2. Violated a protection order
_____ 3. Attempted to break into your car
_____ 4. Threatened to cause you harm
_____ 5. Injured / killed a pet
_____ 6. Broke into your car
_____ 7. Attempted to harm you
_____ 8. Physically harmed you
_____ 9. Attempted to break into your home
_____ 10. Physically harmed himself
_____ 11. Stole/read your mail
_____ 12. Damaged the property of your new partner
_____ 13. Threatened to harm himself
_____14. Threatened violence to friends/family members
_____15. Threatening family members/friends
_____16. Electronic Stalking, i.e. computer, phone, electronic equipment
_____ 17. Made calls to you at your home when you didn't want him to
_____ 18. Came to your home when you didn't want him to
_____ 19. Followed you
_____ 20. Made hang-up telephone calls
_____ 21. Sent you unwanted gifts
_____ 22. Made calls to you at work when you didn't want him to
_____ 23. Watched you
_____ 24. Came to your workplace / school when you didn't want him to
_____ 25. Left messages on your answering machine, voicemail, texts, email
_____ 26. Sent photographs when you didn't want him to
_____ 27. Made threats to your new partner
_____ 28. Attempting to get you in trouble/fired from job by making false acquisitions

_____ 29. Sent letters/gifts to you when you didn't want him to
_____ 30. Harmed your new partners
_____ 31. Attempting to have your children taken away from you by calling/contacting CPS and making false report
_____ 32. Attempting to contact victim through friends/family members

Scores are obtained by calculating the mean of the items used to define each factor. Adding the item values and dividing that number by the number of items in each subscale. The higher the scores can assist in identifying higher safety & lethality risks for stalking victims.

It is critical to remember, that there is no sure way of identifying risks and lethality for victims of any crime. There are incidents where there are no warning signs at all. This scale should only be used as a tool, not as a definite way to identify or rule out any risks.