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  
2 = once a month or less  
3 = two or three times a month  
4 = once or twice a week  
5 = three to six times a week  
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 him or herself
___ 14. Made calls to you at your home when you didn’t want him to
___ 15. Came to your home when you didn’t want him to
___ 16. Followed you
___ 17. Made hang-up telephone calls
___ 18. Sent you unwanted gifts
___ 19. Made calls to you at work when you didn’t want him to
___ 20. Watched you
___ 21. Came to your workplace / school when you didn’t want him to
___ 22. Left messages on your answering machine, voicemail, texts, email
___ 23. Sent photographs when you didn’t want him to
___ 24. Made threats to your new partner
___ 25. Sent letters/gifts to you when you didn’t want him to
___ 26. Harmed your new partners
Scoring Instructions

Two subscales can be created from the items.

- The first subscale, items 1 – 13, assists in measuring the risks the victims might face from violent behaviors from their stalker.
- The second subscale, items 14 – 26, assists in measuring the stalking/harassing behaviors the victims may be experiencing from their stalker.

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. Higher scores indicate higher safety and 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 in which 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 for victims. Safety Plans should be developed with each victim as well.