



## 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.

(Adapted. 2008. Journal of Interpersonal Violence 1997)