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
**Scoring Instructions**

Two subscales can be created from the items.

The first subscale, items 1 – 16, assists in measuring the risks the victims might face from violent behaviors from their stalker.

The second subscale, items 17-32, 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. 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 for victims. As you work with each victim, a safety plan should be devised as well.