

My
STALKING LOG

DOCUMENT. PROTECT. EMPOWER.



Keeping a detailed record can help you recognize patterns, protect yourself, and provide important information to law enforcement, advocates, or legal professionals.

TIPS FOR USING THIS LOG



Record as much detail as you can as soon as it's safe to do so.



Save any evidence (screenshots, voicemails, photos, messages, etc.).



Trust your instincts. If something feels wrong, it matters.



Share your log with a trusted person, advocate, or law enforcement.

DATE & TIME	LOCATION (OR PLATFORM)	DESCRIPTION OF INCIDENT (WHAT HAPPENED?)	METHOD (IN PERSON, CALL, TEXT, EMAIL, SOCIAL MEDIA, ETC.)	IMPACT ON ME (HOW DID IT MAKE YOU FEEL?)	EVIDENCE (SAVE/ATTACHED Y / N)

PATTERNS I'VE NOTICED

- _____
- _____
- _____
- _____
- _____
- _____
- _____

PEOPLE I HAVE TOLD

- Name: _____ Date: _____
- Relationship/Role: _____
- Name: _____ Date: _____
- Relationship/Role: _____
- Name: _____ Date: _____
- Relationship/Role: _____



KALEIDOSCOPE
COUNSELING, PLLC

You are strong. You are brave. You are not alone. ♡