

# Stalking



**A Handbook  
for Victims**

**Emily Spence-Diehl**

ISBN 1-55691-161-0

© 1999 by Emily Spence-Diehl

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying and recording, or by any information or retrieval systems, without permission in writing from the publisher.

**Learning Publications, Inc.**  
5351 Gulf Drive  
P.O. Box 1338  
Holmes Beach, FL 34218-1338

Printing: 10 9 8                      Year: 03

Printed in the United States of America.

St

A  
f

Lea  
F

Introduction.....

- 1 Know Thy Enemy  
What is Stalking?  
Traits and Tactics
- 2 Taking Action  
Pre-stalking:  
with the Stalker  
Criminal and  
Victim's Rights
- 3 Safety Planning  
Safety in the Home  
Safety in Public  
Relocation
- 4 Keeping Your Mind  
Physical Impairment
- 5 Special Circumstances  
If Your Child is Stalked  
Campuses • Schools

Appendix A: Sample

Appendix B: Build

Appendix C: Safety

Appendix D: Unite

Appendix E: National

Appendix F: Related

Appendix G: Selected

## **Illustrations**

Figure 1.	Frequency and Escalation of Stalking Behaviors .....	3
Figure 2.	Common Characteristics of a Stalker.....	9
Figure 3.	Sample No-Contact Statement.....	17

If you're read  
you of your sense  
whelmed and unsu  
you. It is written in  
By arming you with  
formation; I hope  
stalker and regain s  
*The choices are yours*

I want to first  
you with *options* not  
*manual*. There is no  
vention. As you go  
make the choices that  
I have discussed and  
*by all means disregard*  
cates, prosecutors, and  
team intended to help

Stalking laws  
Most experts recognize  
fancy. Our community  
process of learning  
crime, you may have  
not prepared to deal  
stalking. It is for the  
full range of your rights  
ing is growing so rapidly  
plement to a broad  
local policies and strategies  
available to you. If you  
helpful to start with  
dix E.

## Victim or Survivor?

There has been much debate on the use of the words victim and survivor. Some believe that the word victim carries a negative social stigma and that if you have lived through a crime, you are a survivor. While I hope you choose the terminology that is most comfortable for you, I have chosen to primarily use the term "victim" in this book. The reality is that stalking is an ongoing form of *victimization*. If I refer to you as a "victim," I am simply expressing that *something is happening (or has happened) to you against your will*. In no way do I intend it as a reflection of who you are. If anything, as a professional victim advocate and counselor, I have found crime victims to be some of the most strong and courageous among us. I firmly believe that no one chooses or desires to be victimized. Furthermore, there is nothing in the world that someone can do to "make" another person stalk him or her. Stalking originates only in the mind of the perpetrator — not in the behavior or appearance of the victim.

As a final note, I wish to commend you for taking steps to gain back control. You are experiencing one of the very worst crimes against humanity. You may be feeling isolated, misunderstood and terrified — a prisoner in your own home. I sincerely hope that the information you find here will arm you with helpful knowledge and shed light on the path towards healing and safety. Though there are no easy answers, please know that you are not alone. There are 1.4 million Americans stalked annually, and individuals across the country are working tirelessly to provide them support and assistance. Help is out there and together we can wage a war against this insidious crime.

I would like to thank  
those who have shared  
their successes with me.  
I am more resilient than the  
others were specifically i  
thank them for the  
their request, no n  
however, I sure hope  
have made to this e.

I also wish to :  
Spence, Charles Sp  
Owen, my wonderf  
Telles-Irvin.

This chapter  
the character traits  
Thy Enemy” beca  
spond to stalking  
stalking and its p  
with the presumpt  
ing could be farth  
stalker, he or she  
control through yo  
look through the  
easier to develop y

*The more I g  
the more poi  
me believe I*

In the most t  
ing, or harassment  
ful, malicious an  
person. To harass  
at a specific pers  
such person and  
784.048). The leg

to include a wide variety of stalking behaviors and rigid enough to prevent misuse of the law. All 50 states have anti-stalking codes, with some variation from state to state. Some states have misdemeanor and felony levels of stalking, while others just have one or the other. A misdemeanor is a lower-level crime typically punishable by less than one year in jail, while felonies can carry prison sentences between one year and life. Often, misdemeanors are perceived as “a slap on the wrist.” First offenses are frequently not adjudicated (they won’t show up as a criminal record) and carry punishments involving only community service and probation.

In addition, some states require direct threats while others do not. A victim may be experiencing extreme terror and feelings of harassment, but be unable to seek legal assistance due to the lack of an explicit threat of harm. To find out about the specific code in your state, contact your local State Attorney’s office (District Attorney) or the National Victim Center (see Appendix E). Keep in mind that your experiences may constitute the *situation of stalking*, but haven’t yet escalated to a point that they fall under the legal (criminal) definition. If this is the case, please know that taking personal steps to stop the stalking at the earliest possible point is critical, whether or not your state considers it illegal.

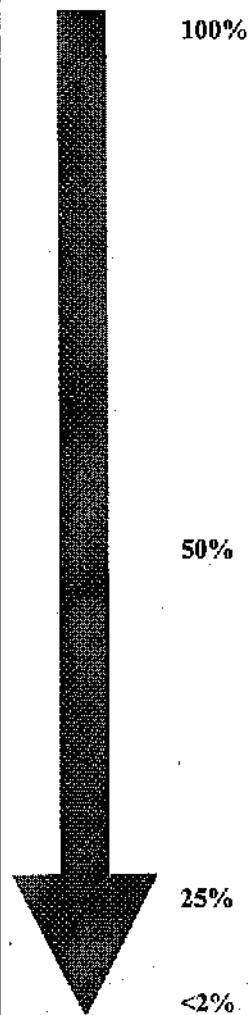
### **Elements of Stalking**

Each stalking behavior by itself may or may not be illegal and generally does not constitute the crime of stalking. When these behaviors are viewed together, however, a pattern emerges that serves no other purpose than to annoy, alarm, or terrorize a victim. Despite the development of stalking laws across the nation, stalking remains an under-detected crime that is hard to prove and terrifying to experience. The following pages describe the various elements of stalking, ranging from the least to the most intrusive (see Figure 1).

### **Information Gathering**

Imagine spending all day, everyday thinking of ways to terrorize an individual. The obsessive nature of stalkers allows them

**Figure**



Frequency data based on  
Pathé and Mullen 1997.

to do just that. This enormous time commitment to the crime of stalking allows perpetrators to generate exhaustive ways to terrorize and harass their victims.

Many stalkers begin by gathering information about their victims. Former intimate partners certainly have a head start in this area, and often use very personal information to blackmail their victims. Most stalkers, including former intimates, need to gain information about the whereabouts, lifestyles, routines, investments (personal and financial), work environments, and family of their victims.

Potential sources of information that stalkers may tap into and manipulate are:

- Co-workers
- Classmates
- Friends
- Relatives
- Department of Motor Vehicles (vehicle registration and license)
- City utilities (water, sewer, electricity)
- State professional licensing boards
- Voter Registration
- Veterinarians
- The Post Office
- Phone Companies
- Internet search engines (there is even a world wide web site devoted exclusively to helping stalkers access personal information)
- Human resources departments at workplaces
- Banks
- Credit card companies

Despite the sources claim to stalkers are able to formation from th acquaintances, and as a family memb phone number of : some sources of ir ment. The stalker professional licens department of mot

*The most fri  
very persona  
known. It ma  
me all day.*

## **Unwanted Con Following, and**

Unwanted cc ing. Sometimes st ing gifts, flowers, (potential victims) have their desired the stalker), conta flowers, hateful let nal non-threatening

The telephon calls, answering r gage the victim in ID may have initi dodge this roadble of payphones. Adc jected to continuo on their paging dev

Another form of harassment is to “coincidentally” show-up wherever the victim goes — parties, the fitness center, the movies, the grocery store, school, work, and so on. Stalkers may simply stand within an observable distance of the victim, or some may approach and attempt conversation. If the stalker has not been detected by the victim during observation, he or she may call at a later time to inform the victim of the contact, i.e., “That was a nice blue shirt you had on last night.”

This type of tracking and following makes it extremely difficult for victims to elude stalkers. Many victims change residences, phone numbers, and daily routines to no avail. The stalkers manipulate new numbers from unsuspecting phone operators, follow the victims home from work, and/or get the new information from acquaintances. For the stalker, it becomes a game of cat and mouse. But for the victim it becomes a nightmare with no predictable endpoint.

### **Escalation — Vandalism, Threats, and Violence**

Some stalkers never escalate beyond unwanted contacts and information gathering. Others, however, continue to worsen over time through increased threats, vandalism, and violence. Since our knowledge of the crime is still in its infancy, it is difficult to predict who may or may not become more violent or threatening. At this time, the most reliable predictor is the stalker’s previous behavior— if he or she has a history of violent behavior (especially domestic violence), there is a strong likelihood that the stalker will become violent again. However, under any circumstance victims should be cautious since some stalkers with no previous history of violent behavior have been known to escalate to a more dangerous level. Some states don’t identify stalking as a crime until “credible threats” of bodily harm are made. This is unfortunate since key points of early intervention that may prevent further escalation are missed.

Stalkers have learned how to take vandalism to a new level of terror. It is common for stalkers to break into vehicles (leaving no external traces) and either remove parts of the interior, re-arrange

mirrors and seat  
their victims to ki  
intentional terrori  
left in the victim  
vate spaces. Furni  
located, or other c  
bed looks slept-in  
since a victim ma  
officers with a co  
arranged my seat  
may be perceived  
stalkers.

*Sometimes I  
seat — no n  
into my car c  
terrorize me.*

Threats to th  
plicit and direct c  
ters describing po  
bringing legal act  
and are more like  
rect threats that ca  
plied threat is a te  
threats, such as th  
rorizing for the v.  
trol over the victir

Less than on  
physical violence  
loved ones becom  
claims romantic i  
be an additional c  
two percent), yet  
limited, leaving n  
possibility (Meloy  
lence it is import

safety pre-cautions and seek as much outside help as possible. No threat should be dismissed or underestimated.

## **Stalkers — Traits and Tactics**

It has only been recently that researchers, psychologists, and law enforcement have begun to take a closer look at the traits and tactics of the everyday stalkers (as opposed to celebrity and other "high profile" stalkers). The characteristics described in Figure 2 and the next few pages are based on professional observations and academic or forensic (criminal) research. As more and more victims come forward to seek help, we will be able to establish more accurate profiles of various types of stalkers.

### **Rejection**

The perception of rejection is a common denominator among nearly all stalkers. The rejection may be either real or contrived in the mind of the stalker. The victim may not have responded (in the way the stalker hoped) to romantic overtures, a relationship (romantic or friendship) may have ended, an employee (or co-worker) may have been fired, a student might have been given an unsatisfactory grade, a member of a cult or gang might have quit, or the stalker may perceive a "value" rejection (e.g., stalking of abortion clinic doctors).

For stalkers, it is not the manner of the rejection that is important, only the rejection itself. There is no good way to "let down" a stalker. In fact, some stalkers may perceive the marriage or dating of their victim (to another) to be a personal rejection, even when there never existed an intimate relationship between the stalker and victim. Ironically, stalkers perceive themselves as the "true victims." Many believe they have been teased, misled, trampled on, abandoned, abused, and simply wronged. No matter how illogical or untrue are these perceptions, the stalkers cling tightly to them and cannot be reasoned with. In fact, many stalkers move from one "impossible" obsession to the next. The abandonment (rejection)

**Figure 2. C**

- ☛ Jealous
- ☛ Narcissistic
- ☛ Obsessive a
- ☛ Falls “insta
- ☛ Manipulati
- ☛ Does not ta
- ☛ Needs to ha
- ☛ Socially aw
- ☛ Views self
- ☛ Unable to t
- ☛ Deceptive
- ☛ Often swite
- ☛ Difficulty d
- ☛ Sense of en
- ☛ Unable to c
- ☛ Dependent
- ☛ Views his c
- ☛ May be of i

they hate and fear the most becomes a self-fulfilling prophecy resulting from their own erratic and irrational behaviors.

*It doesn't matter whether you love them, hate them, give them compassion or give them anger . . . they'll take any emotion you offer. Whatever you have, they'll take it. All they really want is a reaction — good or bad. There's nothing you can do to please this person."*

Stalking Survivor

## Obsession

As the stalking behaviors persist, the daily life of the stalker becomes more and more revolved around that of the victim. It is not uncommon for stalkers to be obsessive about many aspects of their life, such as work and home habits. This trait was well demonstrated in the movie, *Sleeping With The Enemy*, where the controlling and abusive husband insisted that all the soup cans in the cabinet be facing the same way. Stalkers' thought patterns tend to be repetitive in nature and they are unable to refocus on anything except their objects of interest, i.e., their victims.

*I wish I knew what about me he likes so much — I would either market it or get rid of it.*

Stalking Survivor

The level of danger increases for the victim when the stalker's obsession grows to the point that he or she ceases to be functional, i.e., eating, sleeping and work become less important than thoughts and actions relating to the victim. When stalkers become willing to allow their job or academic security to suffer, their ability to set priorities is severely impaired. The more dependent the stalker is on the obsession, the more dangerous the situation is for the victim.

*Nothing else seemed to matter. He had tunnel vision. I was only person he could see in his life.*

Stalking Survivor

## Fantasy

For many stalkers, the line between fantasy and reality is either blurry or non-existent. The fantasy themes often revolve

around entitlement and/or destiny (“w belief that the fanta pear more reliable ; officers may call a ingly spins a tale al the victim, right do romantic relationsh ers are referred to 1 mania’’; they delusi with the victim tha resent a small perc however, engage in hold on reality. For she is *destined* to b stands that he or sh that individual (i.e.,

## **Narcissism**

While many tl stalkers it is more c spect the needs and thoughts and action true in situations w between the stalker her behavior with t Because they lack t tolerate discomfort, thermore, they are c comfort and pain tl can’t have you, no cissistic belief of ov

## **Psychological P**

Scientific rese to flourish. Some r

others have focused their attention on those who have been incarcerated. Unfortunately, these populations are not representative of all the stalkers in the country. Celebrity stalkers and those who have been convicted and jailed are a small minority in a population of perpetrators who are able to skirt the law and terrorize everyday people. Categories of stalkers have been established around such differences as the following:

- The level (degree) of stalkers' beliefs (erotomania and borderline erotomania) (Meloy 1989).
- The type of relationship (if any) that existed prior to the stalking (intimate relationship, acquaintance, casual date, employment related, stranger).
- Whether the goal of the stalker is to attach (have a relationship), be vindicated ("be right") or get revenge ("punish") (Lindsey 1993).
- Whether they are anti-social or functioning in a social environment (still working, eating, grooming, etc.) (Lindsey 1993).

However the divisions are made, experts generally agree that all stalkers are diagnosable with one or more mental disorders. Most victims, though, don't need science to tell them that their stalkers are mentally ill. Furthermore, research of incarcerated stalkers has shown them to be of much higher intelligence than other criminals, socially isolated, having histories of failed interpersonal relationships, and lacking in social skills (Meloy 1996). Through preliminary research, it is clear that there is not a single "stalker profile." The best method to categorize (profile) stalkers, however, is yet to be agreed upon in the scientific and criminal justice communities.

## **Manipulation**

What the stalker lacks in social skills is more than made up for in the ability to manipulate people. In order to serve their narcissistic needs, stalkers enlist others to help gather information

about their victims.  
following ways to e

- ***Uses guilt***  
something  
too hard to  
who really  
about this.  
care about
- ***Promises***  
of “closure  
again.”
- ***Uses blame***  
thing slight  
cate some  
items they  
first place,  
plan. “I’ll  
the newsp  
called in s  
file a repor
- ***Unfounded***  
might be s  
vulnerable  
like all the  
one else.”
- ***Twists words***  
to meet his  
don’t want  
“I know th  
are just try
- ***Gives gifts***  
sive gifts t  
roses, elat  
(paying fo

“ammunition” at a later date. “After all I’ve done for you.”

Not only do stalkers often succeed in manipulating their victims; anyone associated with the victim can be targeted as well. A well-meaning parent might be manipulated into giving the stalker the victim’s address because the stalker claimed to be planning a class reunion. Stalkers learn to become masters of deception.

## **Gender**

Both men and women are known to be stalkers. There are more male than female stalkers and more female than male victims — but both genders are well represented on either side of the crime. One should never assume that a female stalker wouldn’t resort to violence purely on the basis of gender. Women represent a growing number of violent offenders in many types of crimes. They can be violent toward men and other women. In fact, a common type of female-female stalking is that of one woman stalking the current love interest of her ex-partner. Additionally, men’s claims of being stalked by women should be taken just as seriously as those cases where the gender breakdown is reversed. Too often, it is assumed that men can “take care of themselves,” and their cases are not appropriately addressed until they have escalated out of control. A recent study indicated that the levels of violence against male and female stalking victims were the same (Spitzberg, Nicastro, and Cousins 1998).

## **Practi**

Many stalking  
prior to the onset of  
the best time to add  
potent tool a victim  
the stalker. Unfortu  
“wait-and-see” app  
obsession to intensi  
gressive and drastic

## **Pre-Stalk**

It is recommen  
tim clearly communi  
tact with the stalker.  
and pose the questio  
In these situations,  
ings that are causing  
worry about hurting  
whom we have no c  
the long run, it migh  
now, than be terroriz

Also, keep in mind that being compassionate *and* self-protective are not mutually exclusive. You are not obligated to continue or establish an unhealthy (or potentially unhealthy) relationship with anyone, be it friendly or romantic. **Setting firm personal boundaries based on another's erratic or obsessive behavior is not rude.** The stalker might label it as rude or cruel, but this is usually done to manipulate you or make you feel guilty. To try and cease all contact, simply state what you've observed ("you called me six times last night and showed up at my office twice this week"), and tell the stalker that because of your discomfort with these behaviors you'd prefer not to carry on any type of a relationship. If you do this in a non-accusational manner (i.e., focus on your own feelings of discomfort) you can feel secure that no matter what the stalker says or does, you've done nothing cruel or inappropriate.

### **Communicating With the Stalker: Issuing The No-Contact Statement**


Though early intervention is effective in many situations, there are some stalkers who are not dissuaded by a victim's established boundaries. For legal support in the future, there must be evidence that the victim has directly instructed the stalker to stay away. It is important that the stalker hear (or read) on *one* occasion that you do not want any type of contact with him or her (see Figure 3). *It is critical* that this only happens *once!* Any form of communication after the initial "no-contact" statement will be considered by the stalker as a reason to hope and persist. If you break your no-contact statement even one time, the stalker will assume that you may break it again, and he or she will continue.


*I wish I'd stuck to my guns and not let him manipulate me into talking to him. It was always, "Please, I promise this is the last time." But it never was . . .*


**Stalking Survivor**


Again, whether in person, in writing, through e-mail or on the phone, it is best not to communicate *at all* with the stalker. It is

## Sam

 *I'm not inter  
not continue  
whatsoever.*

 *I want you to  
you have foll  
work or hon  
charges.*

 *I am ending  
try and renev  
to have any  
try to contact*

 *I will no long  
tact me in any*

often hard to cease communication with a stalker with whom you have had a previous relationship. These stalkers may know intimate secrets and will find the most sensitive “buttons” to push. They may make threats, blackmail you, use guilt, or manipulate your family and/or children. It is important, even in these difficult situations, to maintain a consistent “no communication” stance. If information must be passed to the stalker (i.e., custody arrangements), do so only through a third party.

*It's basically a question of survival of the fittest. You have to stay in control — the second you lose control, he has a window of opportunity and knows he can get you.*

**Stalking Survivor**

### **The Criminal and Civil Justice Systems: Building a Case**

Whether or not you wish to file formal charges against the stalker (or are legally able to do so), it is important to think in terms of building a prosecutable case from the very beginning. You may believe that evidence gathering should be the concern of law enforcement officers and state attorneys, yet in the crime of stalking, victims are often the only ones doing the initial work. This may be due to the relative newness of stalking laws as well as the inherent difficulty in “proving” that the crime is occurring.

*He's done a million things to me, and I just don't respond. I know that eventually he's going to do something to incriminate himself.*

**Stalking Survivor**

It is an unfortunate heavy burden, but you as the victim must approach each stalking behavior with the following questions:

- Were there any witnesses who will support me?
- Is there any evidence that I can physically keep?
- If this happens again, is there any way that I can gather evidence next time?
- Should I call law enforcement right now to report it?

It is helpful to to assist you. If you refer to the resource stalking victims are to a frightening level for victims to seek help assertively advocate or persistent.

## **Start from the B**

In order to start seriously by law enforcement that has happened in to remember dates and that you will continue. Keep in mind the “B” list. If you decide to know specific details p.m., Joe Stalker drove across from my house 9:00 p.m. that evening. My neighbor, I observed him doing see Appendix A.

Other useful tips case are as follows:

- ✓ If you have partment to one to the police large police rate units.
- ✓ If you have make sure to reports. It is as a “pattern

- ✓ If you are awaiting an outcome from a particular officer or detective, feel free to initiate calls yourself and check for updates. Detectives and officers often carry enormous caseloads and work varying hours. You are helping them if you save them the effort of trying to track you down.
- ✓ If you can bring a victim advocate (who you believe will be respected by the officers), do so when you are filing a report. The presence of a third party seems to have a beneficial effect on the filing process.
- ✓ Get a copy of your state's stalking law before you ever try to file a report. Frequently, stalkers are charged with the crime of the moment (aggravated assault, burglary, etc.), rather than the crime of stalking which is based upon a cumulation of events. If the officer has not mentioned stalking, bring it up and ask if he/she believes it is possible to charge the perpetrator with that crime as well.
- ✓ Report each incident, no matter how insignificant it may seem. Law enforcement can write "incident reports," rather than filing charges, and these can later help support the overall stalking case (demonstrating a pattern of behavior).
- ✓ Keep all evidence. No matter how disgusting or offensive, do not throw anything away. Give it to the police. Keep letters, flowers, gifts, and anything else that can be physically collected. It is not necessary for you to read every letter, you can instead give them directly to a police officer or victim advocate to read and keep for you.
- ✓ If you are an Internet user and are receiving harassing e-mail messages, contact (or have the police contact) the server from which the harassing mail is coming from. The double-edged sword of threatening e-mail messages is that everything is traceable, even many files that have already been deleted. Many police departments now have computer specialists who specifically track criminals on the Internet.

- ✓ Do not change unlisted listing machine number or stalker leave setting, date
- ✓ Tell everyone that you tell them to tell the vicinity *and know are the victims* are critical lemma of p
- ✓ If you can lance came

## Restraining Order

The decision to for victims of stalkers wholeheartedly, when When trying to decide most important thing *protection from harassment* they do little to stop cent), the stalkers have to stop their harassment rather grim, it is important ders can play in the

When a victim make arrests under wouldn't have been meanor) crime become order was in place. the willingness of the

lations of that order. In many jurisdictions, a single violation can mean several hours spent in the county courthouse waiting for a judicial hearing. After one or more of these violation hearings, however, the presiding judge may sentence the stalker to several months in jail, allowing the victim a temporary reprieve. Clearly, the restraining order is a tool for the criminal justice system.

Some victims are concerned that the restraining order might trigger a more violent or serious threat from the stalker. This is a valid concern, considering the fact that the stalker's behavior has been brought to the attention of judicial personnel (he or she might claim to feel "humiliated"). For this reason, many victims are quite hesitant to pursue this option. Under these circumstances, victims should weigh the pros and cons of their decision. Perhaps increasing safety protocols while seeking an order for protection might outweigh the risks involved. Realistically, restraining orders can simultaneously increase risk and increase criminal justice protection. Ultimately, the choice is yours. Expecting that a restraining order will be violated, you might wish to consider contacting victim advocates and judicial personnel in your community to investigate how seriously these violations are treated.

### **Victims' Rights**

Many states have adopted laws that protect the rights of victims. These laws might allow victims to be notified of upcoming hearings, provide victim impact statements to the court, and receive financial compensation for lost wages, medical bills, and mental health expenses. Unfortunately, stalking victims are often excluded from financial compensation when there have been no criminal charges relating to physical injury. Until our criminal justice system understands the trauma of stalking, victims will continue to fall through the cracks. Under these circumstances, it would be helpful for victims to apply anyway (risking denial of assistance), so that the need for changes in the system guidelines will be made evident.

As many victims know, the protection given to criminals in our justice system is extensive. "Innocent until proven guilty," a

concept established  
ment corruption, h  
charges. This protec  
where rampant inte  
prevalent or obvious  
wives with a stick n  
date rape was two  
phrase. Nowadays, v  
There are efforts un  
tional amendment, r  
to the rights of defer  
vary from state to st  
forced to advocate f  
which you are entitl  
should be able to p  
rights and role in the

There are no e  
Safety in the home,  
all be considered. I  
loved ones, as well

The first step  
(police) to conduct  
areas. These are fre  
nity. When possible  
These changes may  
pears as though it w  
want to ask a victim  
sources in your co  
funds, as well as ch  
ganizations. It may  
sistance, but keep in  
Any way that the co  
nancial costs of this  
trauma and disrupti  
the following home

- ✓ Alarm syst  
law enforce

- ✓ Pins placed in holes that have been drilled through windows and sliding glass doors (these act as second locks).
- ✓ Motion-detector lights on all sides of the home as well as motion-detector alarms on the inside.
- ✓ Bushes and trees that are trimmed so that it is difficult for a human to hide behind them.
- ✓ Install several different types of locks on entry and bedroom doors, each installed with long screws to make it difficult for them to be kicked in.
- ✓ Panoramic peep holes in each door.
- ✓ Bars that lock across the center of sliding glass doors.
- ✓ A cellular phone that can be used if the outside phone lines are disabled.
- ✓ Notify your neighbors. Instruct them to call you (or the police) if they see or hear anything suspicious.
- ✓ Plan all possible escape routes from your home or apartment.
- ✓ Remove critical documents from your home and place them in a lock box at the bank (birth certificates, social security cards, marriage license, medical prescriptions, etc.).
- ✓ Keep an "escape bag" at a friend's house or other secure location. Fill it with cash, clothing, prescriptions, and copies of important documents. Consider making two bags and leaving one with a trusted friend. If you have to leave quickly, you will not be forced to waste time gathering your belongings.

Finally, you may want to consider a dog only if you are willing to give the attention and love it needs to thrive. When treated well, dogs can provide excellent companionship, warning, and protection. An alert dog can allow you some time to let your guard down and relax.

It is helpful to proaching it closely ous because they m You may believe th stalkers quickly lea be useful in that m while you were awa sitive (going off w can gently get into other important opti

- ✓ When you travel (wor learn a vari ability, so low or trac
- ✓ Always dri moment yo
- ✓ Leave enor of you to b
- ✓ If you som avoid drivi tion you ar circumstan remain visil
- ✓ Consult wi used to bre devices tha only a “slii the door.

The workplace or observe their victi

ers and co-workers to be made fully aware of the situation. Tell them that under no circumstances should they give any information about you to the stalker. They should also be asked to warn you if they ever see the stalker in the area. The stalker should not be allowed access to you at all. If the stalker is spotted in the vicinity, your employer can call the police to have a trespass warning issued.

You may also want to consider the following:

- ✓ Can you vary your schedule?
- ✓ Can you relocate to another office or site?
- ✓ If your voicemail is recorded with your own voice, can you have someone else record it for you? (Obsessional stalkers often call repeatedly just to hear their victims' voices.)
- ✓ Do you have secured parking? How far do you walk to your workplace? Is there anyone willing to walk you to and from your car?
- ✓ Are there any times you are left alone in your workplace? Can you eliminate these times or do anything to increase your safety while alone?
- ✓ Who at your workplace knows personal information about you, such as your address, social security number, benefits information, and home phone? Have these individuals been warned about your circumstances?

Many people are very under-educated about the crime of stalking. You may find that your employer and co-workers need some quick lessons about what they should and should not do. Sometimes it is helpful to enlist the assistance of a victim advocate who may be able to talk to your co-workers and provide them with informational pamphlets. Make sure they are aware that the stalker will lie and is capable of extreme manipulation. Stalkers are experts at making their victims look like they are the ones with the real problems. Your co-workers need to be prepared to expect this and

taught how to resp  
ers, friends, and fa

- ✓ *Never* give the stalker (or to help him) sounds dangerous.
- ✓ Do not discuss the victim's relationship with the victim. Continue, repeated, you."
- ✓ Stay firm. emotion is found a way to continue to
- ✓ If you meet that you are the stalker

Varying your plans are two ways  
 to feel as though  
 The stalker may still  
 been very secretive  
 may wish to consid

- ✓ If you have been stalked, carry your own self-defense weapon, call the police, get a restraining order, and show your neighbors.
- ✓ Tell your friends and family that you have been stalked and ask them to help you.

- ✓ If you see the stalker, stay calm and *do not talk to him or her*. Any time he or she spends looking at you or talking to you will feed the obsession further. Try to stay outside of the stalkers vision. If possible, seek the assistance of others and consider calling the police.
- ✓ Whatever you do, make sure that you do not find yourself alone anywhere that the stalker can approach you. Do not walk to your car alone. Do not go to the restroom alone. It may be difficult and awkward, but asking a stranger to assist you is better than being surprised by the stalker when you are in a vulnerable position or location.

### **Identifying Sources of Information**

It is helpful to consider all of the ways that the stalker may be able to gather personal information, then take action to reduce the likelihood of this occurring. Some possible options are listed below:

- ✓ **Phone company:** call or stop by the phone company and ask to speak with a supervisor. Tell him or her about your situation and ask how they can assist you. Most phone companies have policies and special options to deal with telephone harassment and privacy concerns, such as call tracing and blocking.
- ✓ **Utilities** (electric, water, sewer): If these services are registered in your name, ask the company supervisor to provide you with privacy options. Even if they already have a policy to not give out customer information, ask them to specifically mark your file confidential. Sometimes companies can erase your address and phone from the computer screen and place a message on the screen that the information is confidential and is kept in a file.
- ✓ **Home ownership:** If you are a homeowner, your name, address and telephone number are often available to the public. Again in this case, call a supervisor at the city hall,

explain y  
sure your

- ✓ ***The Post***  
tion of yc  
ceive ma  
stalker, al  
address.

- ✓ ***Internet:***  
amount o  
user of th  
familiar v  
can be co  
puter term  
knowledg  
helper) ha  
the Intern  
to request  
their files  
quires a k  
the inform  
have your  
your serv  
kept conf  
tion on tl  
have volu  
file (such  
advisable  
changing  
username

- ✓ ***Other so***  
may have  
livery serv  
Church?  
Drycleanc  
organizati  
agency?

Credit card companies? Charities? Once you have compiled a list of possible information sources, you may want to contact each one to request their assistance to keep your information private. Some may already have a policy to do so (such as medical professionals), but ask them to consider what they would do if contacted by an individual posing as yourself or a spouse. This person (stalker or stalker's helper) may have your social security number, driver's license number, mother's maiden name, or any other piece of information that companies use to verify an individual's identity. In the most serious cases of stalking, it is critical that each and every possible source of information be notified, and warning codes entered directly into the computer databases. You may need to supply these companies with police reports or enlist the assistance of victim advocates who can request help on your behalf.

### **Relocation**

If the stalking has escalated to a level where you feel you must re-locate to ensure your own safety, the choices that you make during relocation are critical. It is painful enough to give up your residence because of another's threatening behavior. But to do so, and then soon be "found" by the stalker is even more heart-breaking and terrorizing. Prior to moving, generate a list (starting with the sources mentioned above) of all possible sources of information. Carefully choose the ones with whom you will give your new location and phone number. Then, consider the following options:

- ✓ Purchase a post-office box, but preferably not at the location closest to your new residence.
- ✓ Consider using your middle name or a different version of your name when signing up for any services.

- ✓ Any time 1  
number to  
ing a stalker
- ✓ Don't use  
chases. It i  
credit card
- ✓ If you have  
your name
- ✓ If you hav  
the first fl  
floor, the r  
the window
- ✓ Consider ti  
taining a ne
- ✓ Consider a  
soon as yo  
scription or  
clc.
- ✓ Be very se  
and phone  
you may w  
has happen
- ✓ Contact fri  
new home.  
roadside tra

Obviously, the  
desperate and diffic  
sued makes it extre  
a major one such as  
assistance in this en  
necessary. You are  
and in this type of c  
any decisions, you  
law enforcement pr

and therapists. In the end, however, trust your own gut feelings. Sometimes professionals provide wonderful and practical advice, and other times they do not fully understand the circumstances, minimize the danger, or have placed an overabundance of faith in our criminal justice system. Keep in mind that your safety is the top priority. If your instincts tell you that you are in danger, follow them.

Each stalking  
deal. But day after  
to eat away at yo  
Stalking victims an  
mized populations  
look at each separat  
of the whole series  
she came by your c  
ies last weekend. B  
trauma. But when  
will trigger a biolog  
mulation of these n  
tionally. Recognizi  
and recapturing you

*I was afraid t  
lieve me?" It  
when you see  
people might t*

## Physical Impact

To begin, let's look at the physical effects of stalking. When a person is surprised and/or frightened, he or she may experience a pounding heartbeat, sweaty hands, and an increase in body heat. What many are not aware of, however, are the immediate changes in the body's balance of biochemicals. When a person is under constant or continuous threat of harm, these chemical changes become extremely problematic. Preliminary research has shown that on-going stress or trauma can cause memory problems, exhaustion, short-attention span, and a tendency to verbally recall the trauma in a fragmented fashion. What this means for victims of stalking is that without help, the longer the stalking continues, the more serious the physical effects. Too often, victims witness their lives deteriorate in a domino effect — it becomes hard to concentrate at work or school, remember simple tasks, and have enough energy for family, romantic, and friend relationships. Not only does it disrupt a victim's personal life, but when he or she tries to explain the situation to police or other professional helpers, the story can come out sounding scattered and disjointed. This unfortunately can cause the victim to be perceived more critically or suspiciously than the stalker.

*You need to be aware all of the time — and that's where the trauma comes in. You're body just can't be alert all of the time.*

**Stalking Survivor**

Though these physical effects can be terrible, they do not occur to all victims and can be reduced with a few key actions. First, it is important for victims to become aware of the effects of stress on their bodies. Locate the feelings of physical tension, observe how you feel after a "scare" or contact with the stalker, and monitor your energy, soreness, and tiredness. Exercise is generally considered to be extremely helpful after traumatic experiences. Sweating helps to flush out the stress-related chemicals in the body, while an increased heart rate and muscle exertion helps to release tension. Many victims, however, stop exercising because they no longer feel safe jogging outside or going to the gym. In these circumstances, it may be helpful to explore other options such as pur-

chasing home-use  
Whatever you choose  
key method of stress

While exercise is at the  
end of the spectrum  
relaxation technique  
is helpful to experience  
meets your needs.  
during a first attempt  
regular practice, it is  
your muscles, and if  
at relaxation are critical  
wish to consider try

✓ **Biofeedback**  
train your  
pists are trained to  
biofeedback  
your body  
your heart  
temperature  
trained to  
your mind  
task, biofeedback  
effective for  
the positive

✓ **Guided visualization**  
find a variety of  
soothing background  
son's voice  
and images  
in their mind  
you find the  
guide your  
types of work  
is especially  
frightened and

- ✓ **Massage therapy:** For many, a professional massage is considered a luxury. For stalking victims, however, massage should be considered therapy. Many of us hold stress and tension in our shoulders, necks, and backs, which regular massage can help to alleviate. Depending on your financial ability, a weekly or monthly massage can greatly help to reduce the physical effects of trauma and stress. If there is a massage school in the area where you live, you might be able to pay less by allowing a student to work on you.
- ✓ **Environmental change:** Since many stalking victims reduce the amount of time they spend outside the home, it may help to make purposeful “decorative” changes around the home to promote relaxation. Hot baths, aromatic candles, plants, and soft music have a calming effect on many people. The process of attending to these small details, solely for the purpose of self-care, can be empowering as well.

Though some of these suggestions may sound simple or trite, keep in mind that the cumulative effects of several types of self-care can have a stronger impact than each one by itself.

## **Psychological Impact**

*There are so many phases you go through; anger, hurt, denial, being withdrawn and depressed, paranoid, second-guessing yourself, and then all the way back to anger again.*

**Stalking Survivor**

The mental health impact of stalking is intense and often long lasting. The repeated attacks on one's sense of safety and security are enough for anyone to become overwhelmed. It is critical, however, to recognize that you are not going crazy — you're having normal reactions to an abnormal situation. The experience of stalking changes the ways that you think, feel, and behave towards yourself and others. Recognizing these changes is the first step you can take in learning to control them.

***I should have kn***

*The first thin  
wasn't my fau.*

Probably the r  
is self-blame. This  
dated the stalker an  
romantic partner. I  
have poor judgem  
blame, please kno  
potential perpetrato  
foreheads — and n  
tooed on yours.

*It has taken m  
for him to torn*

Only now are  
to identify early “r  
the manipulative na  
sincerity and true st  
move from one vict  
*of who you are, but*  
not about how you l  
about the stalker's c  
problems.

***I'm constantly lo***

Though you ar  
keep in mind that fe  
help keep us safe.  
which we have little  
ness is healthy. Wh  
your life, there is ca  
mine what a reasona  
Common examples c  
looking over your sl

door or when the telephone rings, or being unable to fall asleep at night due to the sense of vulnerability it brings. Even victims who are no longer being stalked may find that they are easily alarmed.

If you find that you've moved beyond the level of "healthy" fear, there are a few types of self-care that you may wish to consider. Planning and preparing "for the worst" is helpful for many people. This may involve increasing the security around the house, and developing "escape" or "action" plans for you and your loved ones. Don't worry if the measures you take seem irrational or extreme. If you are able to fall asleep at night once you've put a dead-bolt on the bedroom door, let the dog in the room, and put a cellular phone on the night-table, that's fine. When you get home, if you need to roam through the house checking under the bed, below the couch cushions, and behind the shower curtain — it's okay, you're not crazy. Many crime survivors develop various daily "habits" to help themselves feel safer. Recognize that personal wellness takes priority over inconvenience to yourself and others. Self-talk plays another important role in reducing fear. Reassure yourself that you've done everything you can right now to feel safe. Tell yourself that you're as prepared as you can possibly be.

### ***I don't know who to trust . . .***

*I lost my ability to trust. I'm suspicious of everybody now.*

**Stalking Survivor**

Stalking can drastically change your perceptions of the world around you. Places and people you thought were safe are now questionable. It's perfectly natural for anyone whose trust has been violated to suddenly feel suspicious of everyone. This experience can be especially difficult for those who previously felt that they were able to see the "good" in everyone and tried to treat each new person with respect and dignity. Being forced to alter your beliefs about the people around you is both sad and difficult. It's fairly common for people to swing from one end of the continuum ("most people can be trusted") to the other ("no one can be trusted"). Eventually, many victims are able to strike a balance in

the middle, with a  
establish trusting r

*I used to bel  
or decent you  
has unfortun  
person. I hate*

### ***I feel like I don***

When you're  
over your life is gr  
Every safe space I  
work, school, hom  
activities all becom  
To make things we  
to your loss of con  
advice. For some  
perceived as being  
longer able to thin  
this task for you. B  
like life's rug has b

Making your  
back some sense o  
your own individ  
counselors, co-wor  
suggestions, and st  
are yours to make  
leader" of a group  
weighing the pro's  
tive participant in t

Talking is an  
ation. Stalkers rely  
you sever one of th  
tims have even tal  
community becom  
secrecy is exposed

for all situations, it demonstrates the power of the voice. Whether you decide to talk to your neighbors or the newspaper, the simple act of talking is critical.

*I wish so much I would have had the courage to talk to someone about what was happening to me. I kept it all inside and it just ate away at my soul. I let him win by staying silent.*  
Stalking Survivor

A final way that some victims find a sense of control is through self-defense or martial arts practice. While it is unlikely that you'll ever use the physical practice of self-defense in a combat situation, the practice alone can have a profound psychological impact. Many victims have said that self-defense courses helped them to *not feel* physically helpless. Though it is not intended to provide you with a false sense of security, it does allow victims to feel more capable, prepared, and in control of their own bodies.

### ***I'm overwhelmed and exhausted — where can I find help?***

Approximately one-third of all stalking victims seek some type of mental health counseling (Tjaden and Thoennes 1998). Whether or not you choose to seek professional support, it is important to recognize that stalking can take a significant toll on the psychological well-being of even the very strongest among us. The number one rule regarding self-care is that getting help is *never* a sign of weakness. If anything, it is a sign of strength and self-awareness for both men and women.

Counselors and advocates can come from a wide-variety of professional backgrounds. Psychiatry, psychology, social work, mental health, and family therapy are several common fields of study from which to choose a support person. Most states require some type of licensure of these practitioners. The following are brief descriptions of the skills and backgrounds of professional helpers (note that there is a great degree of overlap across fields of practice):

- ✓ **Psychiatrists**  
are able to be referred to such as a court providing another therapist.
- ✓ **Psychologists**  
(Ed.D., Ph.D.) provide the most qualified.
- ✓ **Social Workers**  
of positions are almost state that they that persons function as.
- ✓ **Mental Health Counselors**  
(M.H.C.) trained to counsel.
- ✓ **Marriage and Family Therapists**  
family therapy similar to psychologists the family individual.
- ✓ **Victim Advocates**  
variety of positions criminal justice and advocate likely to be available and refer criminal justice.

tervention. Because this is a developing field of practice, victim advocates can be both paraprofessionals (trained volunteers) or masters-degreed professionals.

- ✓ **Trauma Specialization:** Any of the above-listed professionals and practitioners may be identified as trauma specialists. After numerous horrible mass disasters in the world, there began a movement to recognize the need for specialized care for persons who've had traumatic experiences. You may wish to seek out a Certified Trauma Specialist (CTS), a registered Traumatologist, or someone who has undergone Critical Incident Stress Debriefing (CISD) training. These individuals should have a heightened sensitivity to the needs of stalking victims.

*It's hard to find someone who can really help you. You have to find someone who can understand your problem . . . and you might have to go to several places before you find the right person.*

**Stalking Survivor**

From whomever you choose to seek assistance, keep in mind that who they are as a person is equally important to their type of credentials. You must be able to feel comfortable and safe with the person who will be helping you. If you have any hesitancy, trust your gut and find someone else. "The most qualified" is not always "the best" when it comes to therapeutic support. Look for qualities such as sensitivity, knowledge of stalking, knowledge of trauma, and willingness to listen and respect your opinions and choices.

*I don't know what they did . . . but it worked. They understood and let me talk. Nobody there labeled me.*

**Stalking Survivor**

**(Her counselors utilized a specialized treatment technique entitled Traumatic Incident Reduction.)**

Ideally, you might want to find both a counselor and a victim advocate to meet all of your psychological and practical needs. When choosing a victim advocate, look for someone who will be able to devote a significant amount of time to your situation. If you

are pursuing criminal  
signed to your case  
cases can be found  
centers, domestic  
profit organizations



ers), sociopaths, or have some other type of mental disorder remains scientifically unknown. Regardless of the source of the problem, stalkers of children can create horrible trauma and terror for entire families. Like adults, children can be stalked by total strangers or trusted acquaintances. They may be adults or other children. In any event, it is important to never underestimate the potential danger of the situation.

If your child is being stalked, you might consider doing the following (in addition to options discussed in Chapter 2):

- ✓ Alert the child's teachers and administrators at his or her school. Describe the stalker and give explicit instructions as to who may pick-up the child from school.
- ✓ If the stalker is another student, push the administration to consider strict punishment, such as expulsion, suspension, and/or transfer to another school. The liability for school districts that are aware of the situation, but have not provided adequate security for victims, is considerable. It is critical, however, for the parents to clearly express their safety concerns to numerous individuals along the "chain of command" (teachers, administrators, school board, superintendent).
- ✓ If possible, arrange for your child to be picked up and dropped off at school by someone you trust.
- ✓ Avoid circumstances where your child might be left alone.
- ✓ Alert neighbors and ask that they contact you (or the police) if they see the stalker.
- ✓ Explore ways to empower your child, such as giving him or her a cellular phone and/or personal alarm, allowing the child to tell the story to the police, and enrolling him or her in martial arts classes.
- ✓ Try to avoid isolating your child. Make sure he or she is able to continue participating in extracurricular activities and spending time with friends under reasonably safe circumstances.

As a final thought, the experience of a large amount of worrying is important to get the proper sleep, rest, food, and strain on family and primary concern, be careful of yourself and your family during such a stressful time.

## **Stalking**

Even though college campuses are not the most dangerous places, though many people are away from general safety. Between interfaces a variety of dangers, law enforcement, and stalking as a significant problem between one-quarter of the population stalked (Fremouw, 1997).

## **Numerous Aspects**

- The major and some minor aspects of "malicious" dating.
- In addition, focus on housing and stalking of stalkers and learn to differentiate between full pursuit and obsession.
- A semester of obsession.

- Large peer groups offer stalkers the opportunity to find out personal information about their victims in a seemingly harmless manner.
- Since many students stay in the campus environment for four or more years, even “harmless” crushes can evolve over time into serious obsessions.
- For those students who don’t work, there are only a few “scheduled” hours out of each day. This leaves a lot of time for stalkers to pursue their victims.
- Students are often asked to provide their social security numbers for a variety of purposes, from obtaining grades to getting inside the fitness center. On some campuses, this may allow stalkers the opportunity to access victims’ class schedule and other personal information.

For students being stalked, the ability to focus on their educational goals becomes a huge challenge. It’s extremely difficult to concentrate in class if you’re worried that your stalker will be waiting outside when you leave, or worse, is sitting inside the classroom with you. Unfortunately, many students find their grades slipping along with their ability to concentrate.

### **Choices for Students**

- Does your college or university have a victim advocate on campus? Sometimes you may find these individuals in women centers, sexual assault offices, student-counseling centers, health clinics, and police departments. If an advocate is available, you might enlist his or her assistance to help you contact other campus resources.
- Can your student identification number be changed?
- Can you change your class schedule by switching sections of the same course? Sometimes professors allow their students to transfer over to another colleague’s classroom.
- If you are nearing the end of the semester, would it be possible to complete some coursework at home?

- Would it classes?
- Have you pening a change th
- If the sta help throi
- Would yc departmei
- If you fe thought a under the cepted by

As more and ward, colleges and dle these situation guidelines into the ices for victims. If may find that you Under these circur nity victim advoca be quite helpful.

### **When the Relat Stalking of Ex-**

*You have to d  
anymore. You  
that it's over .  
decide for you*

Some of the who have previou rely on victims' pe are at an obvious stalkers tend to be

their victims. While domestic violence has received a great deal of national attention in the past several years, the end of these relationships often triggers a new nightmare involving stalking. In some cases, the stalking is so awful that victims return to their partners in an attempt to survive and protect their family. Others decide to flee across the state or country and change their identities — giving up careers, friendships, homes and close proximity to family members.

Since ex-intimate stalking often escalates to serious levels, it is important for victims to engage in risk assessment and safety planning. If threats like “If I can’t have you, nobody will” have been made, or there was physical abuse during the relationship, recognize that you are in danger. Many victims believe they will be able to “talk” the stalker out of harming them, or think that the stalker wouldn’t ever really hurt them. Unfortunately, once you realize they can and will hurt you, it is too late. Stalkers’ desperation can lead them to do things you’d never believe they were even capable of.

*I had to realize this person was broken and there was nothing I could do to put him back together — nothing I could do to fix him.*

**Stalking Survivor**

If you believe you might be at risk for physical harm, there are a variety of options you might want to consider:

- ✓ Tell everyone who knows you and your ex-partner that he or she is stalking you. This will help prevent people from unwittingly telling the stalker where you are or what you’re doing.
- ✓ Notify the police departments where you live and work that you are in danger. They may suggest you get a restraining order so they can arrest the stalker if he or she contacts you.
- ✓ If you have children, arrange visitation through a third party. Do not meet the stalker, even if it is in a public place, to drop off and pick up the children.

- ✓ If you have to pick up a court. Do not
- ✓ If you live in a manager and tell the area.
- ✓ Develop a friends and age he or to your lo
- ✓ If you de is at risk the stake you becom
- ✓ If you mu domestic mitted to funds to p cation of another sl
- ✓ Learn wh protect yo to comba free cellul

Finally, victims they've been dou whom you loved : Consider seeking : pain, abuse, and do selor who specialize professional can do specific training in

**Remember:**

*It doesn't matter whether you love them, hate them, give them compassion or give them anger . . . they'll take any emotion you have to offer. Whatever you have, they'll take it. All they really want is a reaction — good or bad. There's nothing you can do to please them.*

**Stalking Survivor**

**Appendix A**  
**Sample Stalking Journal**

---

<b>Date and Time</b>	<b>Location</b>	<b>Description</b>	<b>Response</b>	<b>Witnesses</b>
----------------------	-----------------	--------------------	-----------------	------------------

Date and Time	Location	Description	Response	Witnesses
10/5/98 @ 10:00 p.m.	Home	J. Doe came to my house and started banging and kicking the door, demanding to be let inside.	I called 911 and waited five minutes until the police came. J. started to run away when they pulled onto my street, but Officer Johns was able to catch J. A report was filed at the Jackson City P.D. under # 9807654.	Officer Johns Officer Brown Marianna Dole (neighbor at 1121 W. 4th St.)
10/12/98 @ 7:30 a.m.	Home	When I unlocked my car door this morning, I discovered that blue ink had been spilled on the driver's seat. It left a stain approximately five inches long and two inches wide.	I called the Jackson City police department. They filed an incident report under # 9808976. I requested that they file the incident report together with the other report from 10/5/98.	Officer Marham took a polaroid photo and a sample of the ink stain.

## **Building a**

- |   |                          |                      |
|---|--------------------------|----------------------|
| ✓ | <input type="checkbox"/> | Keep                 |
| ✓ | <input type="checkbox"/> | Obtai                |
| ✓ | <input type="checkbox"/> | Keep                 |
| ✓ | <input type="checkbox"/> | Make<br>risdic       |
| ✓ | <input type="checkbox"/> | Make<br>to pri       |
| ✓ | <input type="checkbox"/> | Main<br>your         |
| ✓ | <input type="checkbox"/> | Obtai                |
| ✓ | <input type="checkbox"/> | Repo<br>strain       |
| ✓ | <input type="checkbox"/> | Keep                 |
| ✓ | <input type="checkbox"/> | Save                 |
| ✓ | <input type="checkbox"/> | Repo<br>(such        |
| ✓ | <input type="checkbox"/> | Save<br>chine        |
| ✓ | <input type="checkbox"/> | Use<br>haras<br>have |

- ✓ ☐ Ask friends, neighbors, co-workers, and family to write down any communications or contact (including observation) they have had with the stalker.
- ✓ ☐ If possible rent a surveillance camera to capture the stalker on video.
- ✓ ☐ Consider obtaining a restraining order to bolster the strength of the legal case.

## Home

- |   |                          |               |
|---|--------------------------|---------------|
| ✓ | <input type="checkbox"/> | Add<br>to ho  |
| ✓ | <input type="checkbox"/> | Trim<br>redu  |
| ✓ | <input type="checkbox"/> | Place<br>door |
| ✓ | <input type="checkbox"/> | Insta         |
| ✓ | <input type="checkbox"/> | Mak<br>two    |
| ✓ | <input type="checkbox"/> | Attac         |
| ✓ | <input type="checkbox"/> | Insta         |
| ✓ | <input type="checkbox"/> | Insta         |
| ✓ | <input type="checkbox"/> | Keep<br>phon  |
| ✓ | <input type="checkbox"/> | Keep<br>bank  |
| ✓ | <input type="checkbox"/> | Keep<br>at th |
| ✓ | <input type="checkbox"/> | Cons          |

## **Car**

- ✓ ☐ Peer inside and underneath car before entering.
- ✓ ☐ Vary the routes you take to places of frequent travel.
- ✓ ☐ Drive with your doors locked at all times.
- ✓ ☐ Always leave enough space between you and the car in front of you to quickly change lanes.
- ✓ ☐ Consult with a locksmith about enhancing the locking mechanisms on your vehicle.
- ✓ ☐ If the stalker somehow gets inside the car with you, avoid driving anywhere. If possible, throw the keys as far away as you can.

## **Work**

- ✓ ☐ Make sure all of your co-workers are aware of the stalking.
- ✓ ☐ If possible, vary your work schedule.
- ✓ ☐ Have someone else record your voicemail message, so that it is not your own voice.
- ✓ ☐ Seek escorts to and from your car.
- ✓ ☐ If possible, eliminate times you are working by yourself.
- ✓ ☐ Instruct all persons at your work place to refuse to disclose any information about you to a third party.
- ✓ ☐ Ask your co-workers to not communicate with the stalker.

### Public

- |   |                          |                 |
|---|--------------------------|-----------------|
| ✓ | <input type="checkbox"/> | Vary            |
| ✓ | <input type="checkbox"/> | Tell<br>plans   |
| ✓ | <input type="checkbox"/> | If yo<br>all ti |
| ✓ | <input type="checkbox"/> | Tell            |
| ✓ | <input type="checkbox"/> | Avoi<br>etc.    |

### Notify Sources (

- |   |                          |              |
|---|--------------------------|--------------|
| ✓ | <input type="checkbox"/> | Phor         |
| ✓ | <input type="checkbox"/> | Utili        |
| ✓ | <input type="checkbox"/> | Hom          |
| ✓ | <input type="checkbox"/> | City         |
| ✓ | <input type="checkbox"/> | Post<br>mail |
| ✓ | <input type="checkbox"/> | New          |
| ✓ | <input type="checkbox"/> | Inter        |
| ✓ | <input type="checkbox"/> | Emp          |
| ✓ | <input type="checkbox"/> | Profi        |
| ✓ | <input type="checkbox"/> | Club<br>wine |
| ✓ | <input type="checkbox"/> | Pizza        |
| ✓ | <input type="checkbox"/> | Chur         |

- ✓ ☐ Schools where you are currently or have been previously enrolled
- ✓ ☐ School reunion committees (high school and college)
- ✓ ☐ Video rental stores
- ✓ ☐ Doctors' offices
- ✓ ☐ Pharmacy
- ✓ ☐ Insurance agencies
- ✓ ☐ Landlord or rental agencies
- ✓ ☐ Magazine subscriptions
- ✓ ☐ Credit card companies
- ✓ ☐ Charities
- ✓ ☐ Blood drive committees
- ✓ ☐ Social security office
- ✓ ☐ Drivers license office
- ✓ ☐ Tax collector
- ✓ ☐ Other? \_\_\_\_\_

## **Appendix D:**

# **U. S. Interstate Domestic Violence and Stalking Laws**

---

(Amended September, 1996)

**SOURCE:**

UNITED STATES CODE

TITLE 18 — CRIMES AND CRIMINAL PROCEDURE

PART I — CRIMES

CHAPTER 110A — DOMESTIC VIOLENCE AND STALKING

**Sec. 2261. Interstate domestic violence**

**(a) Offenses. —**

(1) Crossing a state line. — A person who travels across a State line or enters or leaves Indian country with the intent to injure, harass, or intimidate that person's spouse or intimate partner, and who, in the course of or as a result of such travel, intentionally commits a crime of violence and thereby causes bodily injury to such spouse or intimate partner, shall be punished as provided in subsection (b).

(2) Causing the crossing of a state line. — A person who causes a spouse or intimate partner to cross a State line or to enter or leave Indian country by force, coercion, duress, or fraud, and, in the course or as a result of that conduct, intentionally commits a crime of violence and thereby causes bodily injury to the person's spouse or intimate partner, shall be punished as provided in subsection (b).

**(b) Penalties. —** A person who violates this section or section 2261A shall be fined under this title, imprisoned —

(1) for life or any term of years, if death of the victim results;

(2) for not more than 20 years if permanent disfigurement or life-threatening bodily injury to the victim results;

(3) for not more than 10 years if the offense results or if the offense is a violent offense;

(4) as provided for the offense would be committed out regard to whether the offense is committed in a Federal prison); and

(5) for not more than 10 years if imprisoned.

**Sec. 2261A. Interstate violence.**

Whoever travels across a State and territorial jurisdiction and harass another person or causes such travel places the person in serious bodily injury to, that person or a person defined in section 11 of this title, section 2261 of this title.

**§ 2262. Interstate violence.**

(a) Offenses. —

(1) Crossing a state line or enters or leaves a state or territory in conduct that —

(A)(i) violates the protection against credible threat of serious bodily injury to the person or the person's family member was issued; or

(ii) would violate subsection (b) of this section in which the person is a victim

and (B) subsequently provided in subsection (c) of this section.

(2) Causing the or  
spouse or intimate  
Indian country by  
course or as a resu  
that injures the pers  
valid protection or  
vided in subsection

(b) Penalties. — A  
under this title, imp

(1) for life or any te  
intimate partner resi

(2) for not more th  
threatening bodily i  
ner results;

(3) for not more th  
fender's spouse or i  
dangerous weapon c













(4) as provided for  
the offense would c  
out regard to whetl  
maritime and territ  
Federal prison); and

(5) for not more tha  
imprisoned.















## **Appendix E**


### **National Hotlines and Sources of Information**


---

-  **National Victim Center (NVC)**  
1-800-FYI-CALL (394-2255)
-  **National Organization of Victim Assistance (NOVA)**  
24 Hour Line 1-800-TRY NOVA (879-6682)
-  **Office for Victims of Crime Resource Center**  
1-800-627-6872
-  **Workplace Violence Resource Center**  
704-720-0854
-  **National Center for Women and Family Law**  
212-674-8200
-  **National Clearinghouse for the Defense of Battered Women**  
215-351-0010
-  **National Criminal Justice Reference Service**  
1-800-851-34200
-  **National Resource Center on Domestic Violence**  
1-800-537-2238
-  **Resource Center on Child Protection and Custody**  
1-800-527-3223
-  **Rape, Abuse, and Incest National Network (RAIN)**  
1-800-656-4673
-  **National Domestic Violence Hotline**  
1-800-799-7233
-  **National Center for Missing and Exploited Children**  
1-800-843-5678

## **World Wide Web**

-  Survivors of Stalkin  
<http://www.sosk>
-  Stalking Victim  
<http://www.stalk>
-  The Anti-Stalkin  
<http://www.anti>
-  Victim Assistan  
<http://www.vaor>
-  National Victim  
U.S. state stalkin  
<http://www.nvc>
-  Florida Internati  
<http://www.fiu.e>
-  Privacy Rights C  
<http://www.priv>
-  Office for Victir  
Office of Justice  
<http://www.ojp.a>
-  Results from nat  
<http://www.ncjrs>
-  NOVA (Nationa  
<http://www.tryn>
-  Sexual Assault I  
<http://www.cs.ut>
-  David Baldwin's  
<http://www.traur>
-  National Center  
<http://www.dartr>
-  International Soc  
<http://www.istss>

 **International Critical Incident Stress Foundation**  
<http://www.icisf.org>

 **FIND LAW (Internet Resource About Legal Issues)**  
<http://findlaw.com>

De Becker, G. *The Call of Violence*. New York: Bantam, 1970.

Gross, L. *To Have or Have Not*. New York: Bantam, 1970.

Orion, D. *I know You Know I Know You*. New York: Bantam, 1998.

Schaum, M., and K. Schaum. *The Call of Violence*. New York: Bantam, 1995.

Scott, M. *How to Live with a Killer*. New York: Bantam, 1998.

## Appendix G

### Selected Bibliography

- Anderson, S. C. "Anti-Stalking Laws: Will They Curb the Erotomaniac's Obsessive Pursuit?" *Law and Psychology Review* 17 (1993): 171-91.
- Coleman, F. L. "Stalking Behavior and the Cycle of Domestic Violence." *Journal of Interpersonal Violence* 12/3 (1997): 420-32.
- Fein, R. A., B. Vossekuil, and G. Holden. *Threat Assessment: An Approach to Prevent Targeted Violence*. National Institute of Justice: Research in Action, July 1-7, 1995.
- Fremouw, W. J., D. Westrup, and J. Pennypacker. "Stalking on Campus: The Prevalence and Strategies for Coping with Stalking." *Journal of Forensic Science* 42/4 (1997): 666-69.
- Fritz, J. P. "A Proposal for Mental Health Provisions in State Anti-stalking Laws." *The Journal of Psychiatry and Law* (Summer 1995): 295-318.
- Hall, D. M. "Outside Looking In: Stalkers and their Victims." *Dissertation Abstracts International* 58-08A (1997): 3314.
- Harmon, R. B., R. Rosner, and H. Owens. "Obsessional Harassment and Erotomania in a Criminal Court Population" *Journal of Forensic Sciences* 40/20 (1995): 188-96.
- Meloy, J. R. "Unrequited Love and the Wish to Kill: Diagnosis and Treatment of Borderline Erotomania." *Bulletin of the Menninger Clinic* 53 (1989): 477-92.
- Meloy, J. R. "Stalking (Obsessional Following): A Review of Some Preliminary Studies." *Aggression and Violent Behavior* 1/2 (1996): 147-62.
- Meloy, J. R. (ed.). *The Psychology of Stalking: Clinical and Forensic Perspectives*. San Diego: Academic Press, 1998.

Meloy, J. R. "The Client Who is Watching You."  
*Journal of Clinical Psychology* 51/2 (1995): 177-84.

Mullen, P. E., and E. M. Pathé. "Stalking: A New  
Love." *British Journal of Psychiatry* 164 (1994): 469-77.

Mullen, P. E., and E. M. Pathé. "Stalking: A New  
Love." *Australian Journal of Psychology* 26 (1994): 469-77.

National Criminal Justice Institute. *Anti-Stalking Code of Practice*.  
Institute of Justice.

Pathé, E., and P. E. Mullen. "Stalking: A New  
Love." *The British Journal of Psychiatry* 164 (1994): 469-77.

Roberts, A. R., and J. R. Roman. "Stalking: A New  
Love." *British Journal of Psychiatry* 164 (1994): 469-77.

Roman, S. C., J. R. Roman. "Stalking: A New  
Love." *British Journal of Psychiatry* 164 (1994): 469-77.

Spitzberg, B., A. Nica. "Stalking: A New  
Love." *Communication Monographs* 61 (1994): 469-77.

Tjaden, P., and N. Thoennes. "Stalking: A New  
Love." *Justice Research in Brief* (Arlington, VA: U.S. Department of Justice, 1998).

United States Senate. *Proposals: First  
Violence. Serial Killers*.  
Government Printing Office.

United States Senate, *Violence Against Women*.

*Amend Title 18, United States Code, with Respect to Stalking.*  
Serial no. J-104-81. Washington, D.C.: U.S., Government  
Printing Office, 1996.

Williams, W. L., J. Lane, and M. A. Zona. "Stalking: Successful Intervention Strategies." *The Police Chief* 2 (1996): 24-26.

Wright, J. A., A. G. Burgess, A. W. Burgess, A. T. Lazlo, G. O. McCrary, and J. E. Douglas. "A Typology of Interpersonal Stalking." *Journal of Interpersonal Violence* 11/4 (1996): 487-502.

Zona, M. A., K. K. Sharma, and J. Lane. "A Comparative Study of Erotomaniac and Obsessional Subjects in a Forensic Sample." *Journal of Forensic Sciences* 38/4 (1993): 894-903.