

STALKING AND HARRASSMENT LOG OF INCIDENTS

HOW TO COMPLETE THIS DIARY

It is important to try and collect as much detail and evidence as possible and report the behaviour. Try to record what happened and how it made you feel.

- Were there other witnesses that saw or heard what happened?
- Was there anyone else involved?
- Who is it that is abusing you?
- What is their relationship to you?
- Describe exactly what happened with as much detail as possible.
- Log exactly what was said - did they say it directly to you or someone that you were with?
- Where did it take place? Was it outside your home or work place?
- Try and take down the time and date in order to provide exact details of when it happened.
- How did it happen?
- Was there any physical harm, or damage to you, someone else or any objects or property belonging to you?
- How did it make you feel at the time and afterwards?
- Have you had to change your behaviour due to this incident or behaviour taking place?

It is important that you keep everything that happens, all messages and emails, letters, 'gifts' etc. Anything that the abuser says and does.

	Date: / /	Time:	Location: (Where it happened)
Incident: (What happened)			
Witnessed by: (Include name and contact details)			
Evidence obtained: (Pictures, videos, screenshots, emails)			
Impact: (Include any physical harm/damage caused to you, others or any property. If so what and how. Include how it made you feel.)			
Note any changes made to your usual day-to-day activities as a result of this incident			

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