

About Harassment & Stalking

I really don't think there are a lot of people who understand the depravity it takes for someone to harass or stalk others. I remember not long ago, if a person broke up with someone, & that person stalked them, it was thought of as romantic. "See how much that person loves you?" The same sort of mentality was in place for a friendship that ended. "That friend must really care about you if she or he won't take no for an answer!"

The truth is there is nothing loving & romantic about stalkers & harassers. They don't love their victims. They love having control over their victims & even the narcissistic supply they may get from them, but they do NOT love their victims!

People like this are incredibly dangerous, as was proven here in Maryland in June, 2018. You may have heard about the shooter at the Capital Gazette newspaper building in Annapolis.

Apparently this person who murdered innocent people in cold blood started out harassing someone. His behavior escalated & ended up in mass murder.

People who stalk & harass victims are NOT mentally stable! Obviously they have narcissistic tendencies at the very least to be so convinced that what they want matters more than the fact they're terrifying & making their victims miserable. I'm sure many of them are malignant narcissists or sociopaths.

If you are being harassed or even stalked, please, PLEASE be careful! Never underestimate the person harassing or stalking you. Granted, most do not go as far as the man in this incident did, but some do.

Being stalked & harassed is terrifying, & you have every right to feel afraid! I've been through it twice & no one thought it was a big deal aside from me. They couldn't seem to understand why I lived in terror wondering what was next & what were these people capable of? No doubt you feel the same. Don't let anyone convince you it's no big deal, or the person doesn't mean you harm. Maybe they just mean to scare you as revenge for severing ties with them. However, maybe they do mean to harm you. You don't know.

Ignore this person. They may take any acknowledgment you give them as a sign the relationship is resumed. Don't believe them if they say they just want to talk or to apologize. That is just to lure you back into their dysfunctional web.

Look into laws for harassment & stalking in your state. Talk to local police, too. Make sure you know what laws are in place & what you can do to protect yourself.

Use wisdom when & if bringing the law into the situation. Some people get more violent when police are involved. If you aren't sure what to do, pray & listen to what God tells you is best in your situation.

Document EVERYTHING! Save voicemails, texts, social media messages & emails. Save all documentation on a cloud storage service or email them to yourself, saving them on your email server. Phones & computers die, & you don't want to lose your evidence!

Block every possible way this person can contact you. Chances are, they will find ways around your blocks, so keep blocking them.

Tell people this person is harassing you & details about it. It can't hurt to have others being able to confirm your story to law enforcement if it comes to that.

If the person abusing you comes to your home, a home security system or at least outdoor cameras may be an excellent investment. Many outdoor cameras connect to your smart phone & record video that is stored on a cloud server.

Don't go out alone. Many stalkers won't bother you if you aren't alone. Also, if you have a pet, don't let your pet outside alone to keep them safe.

With any luck, your stalker will get bored since you've been ignoring him or her & move on. Prior to moving on though, they may step up the activity. Keep ignoring them. Remember they are just trying to get your attention. Refuse to give it to them! If you do, they will draw you back in & things will be even worse than before you ended the relationship.

I pray you're never in this type of situation, but if you are, stay safe.