

JAG Campus Stalking Project*

Natural Reactions of Most Stalking Victims

**The natural reactions of most stalking victims
tend to aggravate the problem & increase the likelihood of violence.**

- Victims deny the problem.
- Then they try to bargain with their stalker, even agreeing to meet with him/her “that one last time,” thereby establishing a dangerous precedent of allowing him/her to control their actions.
- Anxiety sets in. Never knowing when or where he/she will show up or what he/she will do next, they can think of little else. Victims start to short-circuit mentally & emotionally.
- Exhaustion follows, along with profound depression. Then self-esteem starts to disintegrate.
- Victims start to blame themselves.
- Eventually, they get angry, so angry that they are ready to do almost anything to get the stalker out of their life.
- Finally, they accept what life has become. Only then can the victim start to deal with the situation objectively.

The stalking victim – rather than the stalker – is the person whose behavior has to change (since the stalker certainly won’t). It’s not fair, and most people don’t like hearing this. But if you want to protect yourself and your loved ones, it is reality.

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