

How to Stop Your Ex From Spying on You and Stalking You



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Here are the action steps to take to begin creating privacy and security for yourself.

**Please note that this document should not be considered legal advice as I am not an attorney and, therefore, am not licensed to practice law or offer legal advice. These steps are shared with you based on my personal experiences and those of my coaching clients. This document does not imply legal representation of any kind.*

Spying, Monitoring, and Surveillance

If you believe you're being spied on and/or that your electronic devices have been compromised, follow these steps:

1 - Visit this link to download the software to check your iPhone: <https://www.certosoftware.com/>

Get the software program for 49.99 as this is the most comprehensive check you can get for your phone. The cell phone app is helpful, but it doesn't really scan for threats, it just tells you what to do.

2 - Get the No VoiceMail app. Remote spyware is usually installed when a call goes to your voicemail. If you start getting calls from blocked or unknown numbers, then you'll want to get the Trap Call app. This will allow you to see who has called from the blocked/unknown number, which may come in handy if you ever have to go to court. (It may be necessary to notify important contacts to use your landline number to call you for important appointments, etc.)

3 - If you believe your personal computer has been compromised, back up all your important data and photos and do a factory reset. No exceptions. If you're afraid to do it yourself, let a professional do it for you. Best Buy offers this service for a reasonable cost.

4 - Document. Everything. With dates, times, locations. Try to get pictures and voice recordings, if you are approached.

5 - Pull a background check on the person you believe is monitoring you. This service is a good one to use: <https://www.beenverified.com>. This may give you some information about the individual you didn't know before and could also come in handy should you find the need to go to court.

6 - Take your car to a garage and see if they can check it for tracking devices.

Then, wait it out. Hopefully, these steps will diffuse the situation.

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If you believe you are being spied on or that your devices have been compromised, do not take it lightly or brush it off. For one, if you are a member of any private groups, then everything you're trying to keep private has been seen by the person you who may be spying on you. Plus, you're putting everyone else in the private group(s) in jeopardy as the person spying on you not only has access to *your* sensitive information, but everyone else's in the group.

Additionally, if your phone has been hacked, the person who's monitoring you will know everything...doctor's appointments, therapy appointments, who your friends are, who you're talking to, etc., They will also be able to listen in on your phone calls, read your emails, track your location, use your phone's microphone feature to listen in as you have conversations with other people, etc.

As you can see, this is something that should be taken very seriously.

Stalking

What is Stalking?

A pattern of behavior that makes you feel nervous, scared, harassed, or in danger is defined as stalking.

When your birthright of freedom is taken away from you, it is devastating. ☐

There is only one hope to stop this madness, and that is to start the process of a restraining order. ☐ If you're being stalked, follow these basic steps:

- 1 - Document and take pictures, if possible
- 2 - Put up No Trespassing signs around your property
- 3 - Install a security camera (you can have them professionally installed, like ADT, or buy one from Amazon or QVC)
- 4 - Warn them that they are trespassing if they stop by your place
- 5 - If they do it again, call the police
- 6 - Third time, file a restraining order (if you live in an apartment complex, notify the property manager)
- 7 - If they do it again, call 911 and they may very well be arrested ☐

You will probably be riddled with guilt, but this is often the only way you can get your freedom back. And it is worth it. ☐