of stalkers. For them, it is just fun, and it is likely that they have stalked many others in the past and will stalk more in the future.

- **Erotomaniac and morbidly infatuated stalker**: An erotomaniac and morbidly infatuated stalker is a stalker who believes that the victim is in love with him or her, even though the victim has not made any such statement. This type of stalker may experience acute paranoia and delusions. He or she imagines romance with the victim and expects the same from the victim. This type of stalker can be stopped by treating him or her psychologically with drug and talk therapy treatment.

- **Cyberstalker**: Stalkers who try to stalk the victim via electronic media such as the Internet and computer spyware are called cyberstalkers. They may expose or mask their identity to gain the confidence of the victim; then they may try to get information such as contact details by joining the victim in places he or she visits on the Internet.

### Stalking Behaviors

The following are some behaviors that can be attempted by a stalker:

- Unwelcome phone calls
- Sending text messages, e-mails, or personal letters
- Threatening the victim in order to gain attention
- Sending romantic or porn-related gifts to the victim
- Multiple perpetrators' involvement (gang stalking)
- Forcing the victim via threatening
- Insulting the victim

### Stalking Effects

A victim may face many problems due to stalking. A victim often finds it hard to perform his or her daily activities due to the irritation and frustration caused by the stalking. The following are some effects of stalking:

- **Increased absenteeism at work**: If the stalker is a coworker or a superior, the victim may be frequently absent from work to avoid the stalking.
- **Declined performance**: Due to tension, irritation, and frustration, the victim may lose concentration at work; hence, the victim's performance may decline.
- **Humiliation and becoming the subject of gossip**: In the workplace, personal matters often do not remain private. Gossip about stalking can spread quickly, and this can humiliate the victim.
- **Loss of job, reference, or career of the victim**: Often, a victim will choose to leave an organization rather than continue to tolerate stalking. If the victim does not prove that he or she is being stalked, it may be difficult for him or her to get a reference.
- **Forced relocation**: A victim may be forced to relocate to keep himself or herself away from a stalker.
- **Depression, panic, headaches, sleeplessness, and anger**: These are the physical effects that a victim undergoes.

### Guidelines for Stalking Victims

The following are some guidelines that stalking victims should follow:

- Use a private post office box to keep your residential address confidential
- Obtain an unlisted phone number
- Ensure that your phone number is not printed on your checks
- Never use a personal phone number in an e-mail signature
- Use caller ID
- Protect your Social Security number
- Maintain a log of every stalking incident
- Change your e-mail address if a stalker is using it to make contact
- Report stalking incidents to the police