Impact Statement Template: Organized Harassment

This template is designed to help you create a written or audio record of your experience with organised harassment. You can share this with others (friends, allies, professionals) so they understand what's been happening — without needing to repeat the details over and over.

You don't need to answer every question. Take your time and only share what feels safe.

Note: You need to download this template or make a copy of it before you can edit it. Once you begin, you can add/delete sections that are relevant to you. If you are producing a written record, you can type your answers in the gaps between the questions. If you are creating an audio record. it is still a good idea to type your answers in the gaps to use as a script for the audio.

1. About You

Name / Pseudonym:

Location (city/country):

Age range:

Profession / background:

2. When and How It Began

When did you first notice that something wasn't right?

What were the circumstances in your life at the time (e.g. workplace dispute, whistleblowing, political involvement, legal case, public disagreement, etc)?

Did you experience any conflict or make a report that might have triggered retaliation?

3. Strange Occurrences & Encounters

What unusual or repeated experiences have you had? (e.g. being followed, unusual noise patterns, repeated coincidences, digital interference)

Have there been patterns in who approaches or interacts with you in public spaces?

Were there signs that others knew private things about you?

Have you experienced tampering with property, tech issues, mail, or personal belongings?

4. Sensitisation: How "Normal" Things Became Triggers

What actions or signals do you repeatedly notice in public spaces?

How do these patterns make you feel or react?

Do these signals mimic your personal behaviour, preferences, or fears?

Note: This process is deliberate. It's a form of psychological conditioning used to make ordinary things feel hostile — which can then be used to gaslight or discredit you.

5. Technology, Surveillance & Digital Interference

Have you noticed anything strange with your devices, internet, or online activity?

Do others seem to know things you've only said, typed, or searched privately?

Have you received messages, emails, or calls that felt threatening or manipulative?

6. Impact on Your Life

How has this affected your mental and emotional wellbeing?

What has been the impact on your relationships, work, or housing?

Have you sought help — and what response did you receive?

Do you feel you've been believed or dismissed?

7. What You Want Others to Know

What would you say to someone who thinks you're imagining it?

What do you wish professionals or the public understood about this experience?

Frequently Asked Questions (Pre-Empted)

Q: How do you know it's not just coincidence or mental health related?
A: The frequency, coordination, and escalation of events — along with retaliation following a specific conflict or complaint — go far beyond coincidence. Mental health conditions do not cause synchronised, real-world interference across public and private domains.

Q: Who is behind this?
A: While not all targeting is state-sponsored, many cases stem from abuses of power under laws like the Patriot Act and FISA (Foreign Intelligence Surveillance Act). Innocent people have been wrongly added to databases like the FBI's Terror Watchlist Non-Investigative Subset, allowing them to be covertly monitored without formal charges or oversight.

Q: Why don't more people know about this?
A: Because the methods used are deniable, invisible to others, and designed to mimic paranoia or coincidence. Victims are often labelled as mentally unwell, which further silences them.

Final Statement (optional)

I am sharing this so I don't have to keep explaining something that's hard to put into words.

If you are reading or listening to this, thank you for making the effort to understand.

Signed: _____

Date: _____