

What To Do If You Are Being Followed

Being followed can be a terrifying experience. Whether you are walking alone at night or simply going about your daily routine, the feeling of someone tailing you can send shivers down your spine. However, it is important to stay calm and take appropriate actions to ensure your safety. In this article, we will discuss what you should do if you find yourself being followed.

Stay Alert and Aware

The first step in dealing with being followed is to stay alert and aware of your surroundings. Pay close attention to the person following you – their appearance, actions, and any distinguishing features. Take mental notes and remember these details for future reference. This will be helpful in providing accurate information to authorities, should the need arise.

Trust Your Instincts

Instincts are powerful tools that can help you in potentially dangerous situations. If you feel that you are being followed, trust your gut feelings. Your intuition may detect subtle signs of danger that your conscious mind might miss. If something feels off, it is better to err on the side of caution.



What To Do If You Are Being Followed: 20 Lessons On How To Protect Yourself and Stay Alive If You Believe You Are Being Followed By A Mysterious Stranger by Nicholas Randall (Kindle Edition)

★★★★☆ 4.3 out of 5
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Screen Reader : Supported

Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 29 pages
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Change Directions

One effective technique to shake off a follower is to change directions. Purposefully alter your route to see if the person behind you follows suit. Make multiple changes in direction, such as crossing the street, taking sudden turns, or entering a store. If the person still persists, it is a strong indication that you are being followed.

Find a Crowded Place

If you are being followed and feel threatened, head towards a crowded place as quickly as possible. People are less likely to commit a crime or harass you in public where there are witnesses. Seek refuge in stores, restaurants, or any establishment with a considerable number of people. Inform the staff of the situation discreetly, so they can help you stay safe.

Call for Help

In emergencies, do not hesitate to call for help. Dial the emergency services number of your country and provide them with your location and situation. It is better to report a potential threat and let the professionals assess the situation. Remember, your safety is paramount, and there are individuals specially trained to handle these types of incidents.

Stay in Well-Lit Areas

If you are walking alone, stick to well-lit areas as much as possible. Dark alleys and unlit streets provide cover for potential attackers and make it difficult for others to notice or assist you. Walk confidently and purposefully, showing that you are aware of your surroundings. By doing so, you may deter someone from following you or target you as a potential victim.

Inform a Trusted Person

If you frequently find yourself being followed or are in a situation where you feel unsafe, inform a trusted person in your life. This could be a family member, friend, or neighbor. Share your concerns and experiences with them. Having someone aware of the situation can offer you emotional support and may help you find solutions or additional security measures.

Self-Defense Techniques

In the unfortunate event that you are confronted by your follower, knowing basic self-defense techniques can prove valuable. Consider taking self-defense classes or learning simple moves to protect yourself. Remember, the primary goal is to avoid harm and escape the situation safely. If possible, use loud voice commands, attract attention, or use personal safety devices like whistles or pepper sprays to ward off potential attackers.

Stay Vigilant Afterward

Even after the immediate threat has passed, it is important to stay vigilant. Keep an eye out for any suspicious behavior or individuals in the following days. Report any unusual activity to the police and maintain caution when going about your daily activities. Your safety should always be your top priority.

, being followed can be a distressing experience, but by staying alert, trusting your instincts, and taking appropriate actions, you can increase your chances of

staying safe. Remember to always prioritize your well-being and reach out for help when needed. Stay aware, be prepared, and take control of your personal safety.



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One of the creepiest and most frightening experiences you will ever have is when you realize that a mysterious stranger is following you.

Suddenly, you'll become much more alert about traffic around you, the sound of snapping twigs, a dog barking in the distance, or any other sounds that are happening behind you.

Maybe you're walking down the street and you notice that a guy in a hoodie has followed you for the last two blocks. But you think nothing of it, because maybe you're both headed in the same direction.

You stop at a coffee shop to grab a coffee. You take a seat, check emails and social media on your phone, and when you look up you see the same guy is also sitting in the coffee shop.

“That’s strange,” you think. But it could all be coincidence, so you go back to your phone and coffee.

Then when you step back outside and continue walking down the street, you look behind your shoulder and notice that the same guy is walking behind you again.

Now you realize that this could no longer be a coincidence. Maybe this person is following you.

What do you do?

Assuming that you’re not a suspect in a crime or a criminal, you probably have absolutely no idea why you are being followed.

But even if you are a completely average, law abiding citizen, there is still the possibility that you could be followed at some point in your life by people who will seek to harm you for a variety of possible reasons:

Maybe there was an unstable person who you accidentally offended sometime earlier, an employee who were you forced to fire, someone who you met at a social event and is now obsessed with you, or a thief who has randomly decided to follow and rob you.

There is also the chance that you could be followed by a private investigator as a result of a litigation or a legal issue you were involved in previously, such as a custody battle or a divorce.

If you ever do find yourself in the situation where you are being followed, it's always good for you to have a plan in place so you know what to do, and that's exactly what this book is going to talk about.

In this book, we are going to cover twenty lessons on how to protect yourself and stay alive if you realize you are being followed by a mysterious stranger.

We will discuss topics such as:

How To Determine If You Are Being Followed

How To Stay Alert While Also Being Relaxed

How To Lose The Follower On Foot

How To Lose The Follower In Your Car

How and When To Contact Help

How To Get Yourself Out of Harm's Way

How To Protect Yourself If You Are Attacked

By the end of this book, you will have learned exactly how to determine if you are being followed, how to lose the person who is following you, and how to keep yourself alive if you are unable to lose them and they start to become more aggressive.



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