

INDVOR

Dossier

For Survivors. By Survivors.

From the desk of the Founder

If you are reading this, you are likely exhausted. You are operating in survival mode, navigating a justice system that often feels designed to protect the person hurting you.

When we launched the INDVOR campaign in December of 2025, our core mission was to force the legislative system to recognize and track the escalating patterns of domestic abuse. Today, with the backing of over 4,500 signatures, we are actively fighting at the state level to fundamentally change how offenders are held accountable.

But systemic, legislative reform takes time. And you need protection today. That is exactly why this Dossier exists.

The legal system does not speak the language of trauma. It speaks the language of evidence, timelines, and cold, undeniable facts. When you walk into a courtroom, a lawyer's office, or a police station, handing over a phone full of chaotic text messages and emotional memories is a vulnerability. Opposing counsel will attempt to use your trauma against you, dismissing the abuse as a "messy breakup" or labeling your legitimate fear as "instability."

This manual is your equalizer.

The Personal Dossier is designed to strip away the chaos and replace it with a forensic, executive-level documentation strategy. By using these templates, you are taking the heavy burden of memory off your own shoulders and transferring it onto paper. You are transforming your daily survival into a categorized, irrefutable index of evidence.

Do not let anyone tell you that your reality is not valid. Document the behavioral escalation, track the financial coercion, archive the digital harassment, and record the exact quotes. While no single document can guarantee a specific outcome in a court of law, please know this manual was forged out of profound love, care and shared experience to make the heavy burden of documentation as seamless as possible.

You are no longer just surviving. You are building your case.

In solidarity,



INDVOR

Founder & President

Greta Ashley

in.dvregistrypetition@gmail.com

indvor.org

[@in.dvor](https://www.instagram.com/in.dvor)



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The Personal Dossier:

A Tactical Guide to Documenting Abuse for the Legal System

01. THE DIRECTIVE: WHY WE DOCUMENT

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- The Data Mindset: How to temporarily remove emotion and treat your safety like an executive project.
- The Burden of Proof: Why the legal system requires a paper trail, and how to build one that cannot be dismissed as a "he-said/she-said" dispute.
- The "Subterranean Embers": Recognizing and documenting the early signs of coercive control before physical violence occurs.

02. PROTOCOL ALPHA: SECURING THE ARCHIVE

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- Digital Quarantine: How to create a secure, hidden digital footprint (new email addresses, cloud storage, and password management) that the abuser cannot access.
- Physical Vaults: Safe protocols for hiding physical evidence, police reports, and hard drives (e.g., keeping them at a trusted friend's house or a safety deposit box).
- Device Audits: A checklist for identifying stalkerware, location sharing, and compromised accounts.

03. THE INCIDENT LOG: HOW TO RECORD FACTUAL DATA

- The Anatomy of an Entry: The exact formula for writing a log entry that holds up in court (Date, Time, Location, Incident, Witnesses, Attached Evidence).
- The Neutral Tone: How to strip adjectives and emotional language from your reports to prevent defense attorneys from labeling you as "hysterical" or "exaggerating."
- The Context Rule: Why documenting what happened before and after the incident is just as vital as the incident itself.

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The Personal Dossier:

A Tactical Guide to Documenting Abuse for the Legal System

04. CATEGORIZING THE EVIDENCE (THE INDEX)

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- Index A: Physical & Spatial Abuse (Documenting injuries, property damage, and restricted movement).
- Index B: Digital & Cyber Control (Archiving threatening texts, excessive calling logs, and social media harassment before they can be "un-sent").
- Index C: Financial Coercion (Tracking hidden assets, forced debt, and restricted access to accounts).
- Index D: The Collateral Impact (Documenting how the abuse impacts children, pets, or your employment).

05. ENGAGING THE SYSTEM

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- Building the Executive Summary: How to condense 50 pages of evidence into a 1-page "Dossier Timeline" for a police officer, attorney, or judge who only has 5 minutes to review your case.
- Understanding the Loopholes: A brief overview of how the legal system might try to minimize the record (like pre-plea diversions) and how your organized data fights back.

06. THE TEMPLATE VAULT (Printable Worksheets)

- The Executive Summary Intake
- The Master Incident Log Sheet
- The Communications Ledger
- The Economic Ledger
- The Address Book
- The Behavioral & Escalation Log
- The Custody & Compliance Log

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SECTION: 01
SUBJECT: THE DIRECTIVE (WHY WE DOCUMENT)
STATUS: ACTIVE PROTOCOL

THE DATA MINDSET

When navigating an abusive environment, your brain is forced into a constant state of fight-or-flight. In this state, memory fragments and timelines blur. This is not a weakness; it is a neurological survival response.

To build a viable legal case, we must temporarily bypass this response. You are no longer just a survivor; you are the lead investigator of your own life.

From this moment forward, treat your safety as an executive project. We are removing the emotional narrative and replacing it with undeniable, chronological data. Emotions can be manipulated by defense attorneys. Hard data cannot.

THE BURDEN OF PROOF

The legal system is fundamentally flawed, often defaulting to a "he-said, she-said" stalemate that historically favors the abuser. You cannot rely on the justice system to automatically believe your trauma. You must force them to see your proof.

A single incident is easily dismissed by the courts as an "argument." A meticulously documented, six-month timeline of incidents, supported by timestamps and photographic evidence, establishes a legal pattern of behavior.

We document because a paper trail is the only currency the legal system respects.

INDVOR

SECTION: 01

SUBJECT: THE DIRECTIVE (WHY WE DOCUMENT)

STATUS: ACTIVE PROTOCOL

THE "SUBTERRANEAN EMBERS"

Do not wait for a physical altercation to begin your archive. Physical violence is rarely the first step; it is the culmination of a deeply rooted system of coercive control.

We call these the Subterranean Embers—the hidden, escalating behaviors that signal a growing threat. You must document the smoke before the fire breaks the surface.

Begin logging immediately if you experience:

- Isolation Tactics: Restricting your access to family, friends, or your own vehicle.
- Financial Auditing: Interrogating your receipts, withholding access to shared accounts, or demanding your passwords.
- Micro-Surveillance: Unexplained knowledge of your whereabouts, constant text barrages requiring immediate replies, or checking your phone logs.
- The "Gaslight" Effect: Denying that previous events occurred or shifting the blame for their explosive reactions onto your behavior.

INDVOR

SECTION: 02

SUBJECT: PROTOCOL ALPHA (SECURING THE ARCHIVE)

STATUS: ACTIVE PROTOCOL

THE PERIMETER CHECK

Before you begin collecting data, you must secure the environment where that data will live. If an abuser discovers your archive before you are ready to engage the legal system, it dramatically increases the risk of escalation and evidence destruction.

This phase is pure risk management. We are establishing secure, isolated channels that operate entirely outside of your standard daily footprint.

DIGITAL QUARANTINE

Do not use your primary email, shared family computers, or standard cloud accounts (like a shared Apple ID or Google Drive) to store your evidence. Assume your current digital footprint is compromised.

Execute the following quarantine measures:

- The Burner Account: Create a brand new, strictly confidential email address (e.g., ProtonMail) using a public computer or a secure device. Do not link this to your current phone number as a recovery method.
- The Cloud Vault: Send all photographic evidence, audio recordings, and digital log entries to this new email address.
- Zero Auto-Logins: Never save the password for this secure vault on any device. Clear the browser history immediately after every single use.

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SECTION: 02

SUBJECT: PROTOCOL ALPHA (SECURING THE ARCHIVE)

STATUS: ACTIVE PROTOCOL

PHYSICAL VAULTS

Digital storage is essential, but hard copies of official documents (police reports, medical records, court protective orders) are critical assets. Do not hide these in your primary residence or vehicle. Abusers frequently conduct physical audits of the home.

Establish an off-site physical vault:

- Utilize a safety deposit box at a bank where you hold an individual, unshared account.
- Entrust a physical lockbox to a vetted, secure ally—someone who does not have a relationship with the abuser and will not inadvertently leak information.
- Your workplace desk or HR office can sometimes serve as a temporary physical vault if you have a secure, locked drawer.

DEVICE AUDITS & STALKERWARE

Modern control is heavily reliant on digital surveillance. You must conduct a thorough audit of your devices to ensure you are not being tracked while building your case.

The Audit Checklist:

- Location Services: Check your phone settings for hidden location-sharing apps (Life360, Find My Friends, Snapchat Map) and review which family members have access.
- Hidden Apps: Look for unfamiliar applications in your app library. Stalkerware is often disguised as benign tools like calculators or battery monitors.
- Bluetooth Trackers: Be vigilant for unknown AirTags or Tile trackers hidden in your car, purse, or children's belongings.
- Note: If you discover stalkerware, do not immediately delete it or turn off location sharing if doing so will alert the abuser and trigger violence. Leave the compromised device behind when engaging in high-level planning.

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SECTION: 03
SUBJECT: THE INCIDENT LOG
(HOW TO RECORD FACTUAL DATA)
STATUS: ACTIVE PROTOCOL

THE NEUTRAL ZONE

The legal system frequently weaponizes emotion. If a log entry reads, "He was acting crazy and terrified me," a defense attorney will immediately attempt to frame it as a hysterical overreaction or a mutual, emotional argument.

You must strip all adjectives, assumptions, and emotional language from your archive. Write like a detached observer or an auditor reporting a compliance failure. Let the facts be the outrage.

- Weak (Emotional): "He got completely furious out of nowhere and violently smashed my favorite plate just to scare me."
- Strong (Factual): "At 6:15 PM, [Name] threw a ceramic dinner plate against the kitchen wall, shattering it. I was standing approximately three feet away. No preceding argument occurred."

THE ANATOMY OF AN ENTRY

Every incident logged must follow a rigid, unvarying structure. In a court setting, consistency builds unshakeable credibility. Never mix entries or summarize a whole week in one paragraph. One incident equals one standalone report.

The Core Formula:

- Date & Time: Be exact. Include the day of the week. (e.g., Tuesday, May 12 / 8:45 PM - 9:10 PM).
- Location: Specific room or exact address.
- The Incident: A purely chronological, fact-based summary of actions. Use direct quotes wherever possible, even if they include profanity.
- Witnesses (Direct & Indirect): Names of anyone present. Crucially, include children in adjacent rooms who may have heard the incident, even if they did not see it.
- Attached Evidence Index: Reference any corresponding photos taken, audio recorded, or police report numbers associated with this exact event.

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SECTION: 03

SUBJECT: THE INCIDENT LOG
(HOW TO RECORD FACTUAL DATA)

STATUS: ACTIVE PROTOCOL

THE CONTEXT RULE

An isolated incident of yelling or property damage might be dismissed by a judge as simply a "bad day" or a "rough patch" in a relationship. To prove a pattern of coercive control, you must document the environment surrounding the event.

Documenting what happened before and after the incident is just as vital as the incident itself.

- The Precursor: What happened in the 24 hours leading up to the event? (e.g., "We disagreed about finances at breakfast. He sent 14 hostile text messages during my work shift prior to arriving home.")
- The Aftermath: How was the situation maintained or escalated? (e.g., "He refused to allow me to clean up the broken glass for two days. He confiscated my car keys the following morning.")

Context helps prove that the incident is not an anomaly; it is a mechanism of control.

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SECTION: 04
SUBJECT: CATEGORIZING THE EVIDENCE
(THE INDEX)
STATUS: ACTIVE PROTOCOL

THE MATRIX OF CONTROL

Abuse rarely exists in a single vacuum. If an abuser is physically violent, they are almost certainly exhibiting financial and digital control as well.

The legal system must see that your entire life is being contained. To prove this, your archive cannot be a chaotic pile of receipts and photos. It must be categorized into a strict index. When you present this to an attorney or a judge, you are showing them a comprehensive matrix of control.

Organize your evidence vault into the following four indices:

INDEX A: PHYSICAL & SPATIAL ABUSE

This index contains all tangible, physical evidence of violence, intimidation, and restricted movement.

- The Injury Protocol: Take photographs of injuries immediately, and then again 24 and 48 hours later as bruising develops. Always include a common object (like a coin or a ruler) in the frame to establish the exact scale of the injury.
- Property Destruction: Photograph broken items exactly where they fall, before you clean them up. A smashed phone or a hole in the wall is physical evidence of intimidation and a precursor to physical violence.
- Spatial Restriction: Log every instance where your physical movement is blocked. (e.g., standing in a doorway preventing you from leaving, taking your car keys, or hiding your identification).

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SUBJECT: CATEGORIZING THE EVIDENCE
(THE INDEX)
STATUS: ACTIVE PROTOCOL

INDEX B: DIGITAL & CYBER CONTROL

Digital evidence is fragile; abusers frequently "unsend" messages or delete call logs. You must capture this data instantly.

- The Screen Recording Method: Do not just take screenshots of text threads. Start a screen video recording on your phone and slowly scroll through the entire conversation. This proves the messages are sequential and unaltered.
- Volume Metrics: Harassment is often about volume. If you receive 45 missed calls in one hour, take a screenshot of the call log showing the frequency.
- Digital Sabotage: Log instances where the abuser logs into your social media, changes your passwords, or tracks your location via GPS devices without consent.

INDEX C: FINANCIAL COERCION

Financial control is the primary mechanism abusers use to trap victims. You must approach this index like a forensic auditor.

- The Paper Trail: Secretly photograph or scan joint tax returns, pay stubs, and banking statements if you believe access will be suddenly cut off. Send these to your secure Cloud Vault.
- Manufactured Debt: Log instances where you are forced to take out loans, open credit cards in your name for their use, or co-sign agreements under duress.
- Resource Allowance: Document if your paycheck is confiscated and you are put on a strictly monitored "cash allowance" for groceries and basic needs.

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SECTION: 04
SUBJECT: CATEGORIZING THE EVIDENCE
(THE INDEX)
STATUS: ACTIVE PROTOCOL

INDEX D: THE COLLATERAL IMPACT

This index is critical for family court proceedings. The court needs to see how the abuser's behavior destabilizes the environment for dependents and jeopardizes your livelihood.

- Child Impact: Log exactly what the children witness or hear. Document changes in their behavior following an incident (e.g., bedwetting, dropping grades, missed school days due to extreme household tension).
- Employment Sabotage: Document any actions designed to make you lose your job. This includes hiding your work uniform, showing up uninvited to your workplace to cause a scene, or intentionally keeping you awake all night before a major shift.
- Pet Endangerment: Threats against family pets are a documented tactic for coercing compliance. Log all instances of animal neglect, threats, or harm.

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SECTION: 05
SUBJECT: ENGAGING THE SYSTEM
STATUS: ACTIVE PROTOCOL

THE FIVE-MINUTE RULE

The hardest truth of the legal system is that judges, prosecutors, and police officers are severely overburdened. If you hand an officer a chaotic, 150-page binder of mixed text messages and journal entries, they will not read it. They simply do not have the time.

You must assume that any official reviewing your case will only give it five minutes of initial attention. Your job is to make those five minutes undeniable.

THE EXECUTIVE SUMMARY

Never hand over your complete archive as your opening move. Instead, you must distill your entire dossier into a one-to-two-page Executive Summary. This is the timeline you place on the very top of your binder.

Your Executive Summary must highlight three critical points:

- The Most Recent Incident: Why are you engaging the system today? (e.g., "On May 12th, the abuser broke my car windshield.")
- The Most Severe Incident: What is the highest level of danger you have faced? (e.g., "On December 4th, the abuser restricted my breathing. Medical report attached.")
- The Origin Point: When did the pattern of control officially begin? (e.g., "The financial and digital isolation began approximately two years ago, in August.")

Below these highlights, provide a heavily condensed, bulleted timeline of the major events logged in your indices. If the official needs more proof on a specific bullet point, then you pull the corresponding evidence from the full archive.

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SECTION: 05
SUBJECT: ENGAGING THE SYSTEM
STATUS: ACTIVE PROTOCOL

ANTICIPATING THE LOOPHOLES

The defense (and often the system itself) will actively look for ways to minimize the threat level to clear the case quickly. You must anticipate these legal loopholes and use your data to close them.

- The "Mutual Dispute" Defense: The abuser will claim you are equally abusive. Your defense is the Neutral Tone in your Incident Log. A frantic, emotional record looks like mutual conflict; a clinical, timestamped data log appears more like evidence.
- The "Pre-Plea Diversion" Loophole: In many states, courts will offer first-time domestic violence offenders a diversion program, allowing the violent charge to be quietly dismissed or sealed. If your abuser attempts to claim "first-time offender" status, your Executive Summary proving a multi-year, documented pattern of escalation is your primary weapon to challenge that leniency.
- The "Isolated Incident" Minimization: A single broken phone will be treated as property damage. Your categorized indices (Physical, Digital, Financial, Collateral) prove it is not an isolated temper tantrum; it is a calculated tactic of control.

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SECTION: 06
SUBJECT: THE TEMPLATE VAULT
STATUS: ACTIVE PROTOCOL

THE MASTER COPIES

The following pages are your operational templates. Do not write on these specific pages.

Keep them clean as your master copies, and photocopy them as needed to build your physical binder.

If you do not have safe access to a printer, these frameworks can be hand-copied exactly as they appear into a standard, unmarked composition notebook.

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MASTER INCIDENT LOG

INSTRUCTIONS

Trauma actively compromises memory. When you are operating in survival mode, timelines blur and critical details fade. The justice system, however, demands linear, objective, and meticulously detailed accounts. The Master Incident Log is the foundation of your Personal Dossier. It is designed to take the burden of memory off your shoulders and transfer it onto paper. By filling out this page immediately after an event occurs, you are drafting a contemporaneous, legally sound affidavit that makes your history of abuse undeniable.

HOW TO EXECUTE THIS LOG:

1. **The Factual Narrative (Objective Description)** This is not a journal entry. Law enforcement and judges are trained to look for the mechanics of a crime. Describe the physical actions and sequence of events exactly as they happened, stripping away all emotional commentary.

- **DO NOT WRITE:** "He came home furious and I was terrified he was going to kill me."
- **WRITE THIS:** "Entered the kitchen at 6:15 PM. Threw a glass plate against the wall. Blocked the exit to the hallway for approximately ten minutes."

2. **The Power of Exact Quotes** If a threat or admission was made, do not paraphrase it. Use the "Direct Quotes" section to record the exact language used, word-for-word, regardless of profanity. Precise quotes carry immense weight in securing protective orders and establishing malicious intent.

3. **Documenting Collateral Exposure (Witnesses)** Courts view domestic violence heavily through the lens of child endangerment. If a child was in the same room, or even in the next room where they could hear the incident, list them here. Abuse committed in the physical or auditory presence of a minor drastically changes the legal severity of the incident.

4. **The Evidence Chain** Your narrative is powerful, but corroborated narrative is bulletproof. If the incident resulted in a bruised arm, a broken door frame, or a threatening text message afterward, secure that physical or digital proof. Label that piece of evidence (e.g., "Photo 1" or "Audio A") and write that exact label in the final section of this log.

SECURITY ADVISORY: This document contains the core narrative of your survival. Do not leave this binder in plain sight. If you are still cohabitating, consider leaving the physical dossier locked in a desk at your workplace, stored in a secure locker, or safely hidden at a trusted friend or family member's home. Ensure any digital evidence linked to these logs is saved on a newly created cloud account with a password your abuser cannot guess.

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THE MASTER INCIDENT LOG

If you need to carry this sheet with you, cut along the dotted line to remove the header so the document cannot be identified by your abuser.

Date:

Time:

Specific Location:

Objective Description of Incident (Factual narrative only):

Direct Quotes (Exact language used):

Witnesses Present (Including children in proximity):

Associated Evidence Number (e.g., "See Photo A-12"):

COMMUNICATIONS

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LEDGER

INSTRUCTIONS

THE OBJECTIVE: When experiencing digital harassment, your phone can feel like a weapon used against you. The goal of this ledger is to translate the emotional chaos of constant notifications into a cold, undeniable legal index.

When you present evidence to law enforcement or an attorney, they do not have the time to read through hundreds of chaotic text screenshots. This ledger acts as the Table of Contents for your evidence, forcing the legal system to see the pattern of abuse at a single glance.

HOW TO EXECUTE THIS LEDGER:

1. **The Golden Rule: Facts Over Feelings** The justice system operates on indisputable facts, not emotions. When filling out the "Classification Code & Micro-Fact" column, you must remove all emotion and summarize the event in 5 words or less. If you write a subjective opinion, opposing counsel can argue against it. They cannot argue against a cold fact.

- **DO NOT WRITE:** "He texted me 50 times acting insane and making me terrified for my life." (Subjective)
- **WRITE THIS:** "Sent 50 texts. Demanded location." (Objective Fact)

2. Utilize the Classification Codes Law enforcement looks for specific legal triggers to make an arrest or grant an order. Use the bracketed codes at the bottom of the ledger (e.g., [TH] for Threat, [VO] for Violation of Order). This allows a detective or judge to scan down the page and immediately see the escalating danger without having to read every line.

3. Secure the "Receipts" This ledger is the index; your screenshots are the actual evidence. When an incident occurs:

- Log it on this sheet.
- Take a screenshot of the message (ensuring the date and time stamp are visible).
- Check "Yes" in the final column.
- Save the screenshot in a secure, hidden cloud folder that your abuser does not have access to.

SECURITY ADVISORY: Do not save this document or your evidence folder on a shared device, a family iCloud account, or a computer your abuser can access. If you print this ledger, keep it in a secure location outside of your shared home if possible (e.g., a trusted friend's house or a locked desk drawer at your workplace).

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ECONOMIC LEDGER

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INSTRUCTIONS

THE OBJECTIVE: Financial abuse is the invisible chain that keeps 98% of victims trapped in dangerous relationships. The court system frequently misinterprets this abuse as standard "marital financial disputes."

The goal of this ledger is to document a clear, undeniable pattern of financial coercion, asset hiding, and economic sabotage. By tracking these incidents objectively, you provide your legal counsel with the exact data they need to fight for emergency funds, prevent coerced debt from ruining your credit, and prove an overarching pattern of control.

HOW TO EXECUTE THIS LEDGER:

1. **Follow the Money (The Micro-Fact)** Just like the Communications Ledger, you must strip away the emotion and write down the financial mechanics of what happened.

- **DO NOT WRITE:** "He stole my money so I couldn't buy groceries and laughed about it."
- **WRITE THIS:** "Transferred \$400 from joint checking to individual account without consent. Left \$12 in joint."

2. **Quantify the Damage** Judges respond to hard numbers. Use the "Estimated Financial Impact" column to calculate the exact dollar amount of the abuse. If they intentionally smashed your phone, the impact is the \$800 replacement cost. If they forced you to co-sign a loan, the impact is the total loan amount.

3. **Identify Employment Sabotage** Economic abuse isn't just taking money; it is preventing you from making it. If your abuser hides your car keys so you are late to work, harasses you at your office, or destroys your work uniform, this is Employment Sabotage and must be logged.

4. **Secure the Paper Trail** This ledger points to the proof. For every line item, pull the corresponding bank statement, credit report, declined transaction screenshot, or HR email. Save these documents in your secure, hidden cloud folder.

SECURITY ADVISORY: If you are preparing to leave, pull your free annual credit report immediately to check for credit cards or loans opened in your name without your knowledge. Do not save these reports on a shared computer.

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ADDRESS BOOK

INSTRUCTIONS

THE OBJECTIVE: In a crisis, a smartphone is a vulnerability. You may lose it, it may be broken, or your accounts may be monitored. This offline directory guarantees immediate access to your legal, logistical, and safe-harbor networks if you are forced to leave suddenly without digital access.

THE RULES OF EXECUTION:

1. **The "Safe Voicemail" Rule** Abusers frequently monitor missed calls and voicemails. The final column on your ledger requires a (Y/N) to indicate if a contact can safely leave a message. If a trusted ally is making calls on your behalf, they must know your communication boundaries.

2. **Memorize the Top Three** While this hard copy is your backup, immediately commit your top three critical numbers to memory: Local non-emergency dispatch, your primary safe harbor contact, and your legal counsel.

3. **Build Your Directory Tiers** Use the following examples to strategically build out the three sections of your printable directory. Do not wait until an emergency to look these numbers up.

- [**TIER 1: CRITICAL EMERGENCY**] * Examples: National DV Hotline (800-799-7233), Local State Police Dispatch, Regional DV Shelter, Primary Safe-House Contact.
- [**TIER 2: LEGAL & SYSTEMIC**] * Examples: INDVOR Initiative (www.indvor.org), Local County Court Clerk, Legal Aid Office, Retained Attorney.
- [**TIER 3: SECURE LOGISTICS**] * Examples: 24-Hour Emergency Locksmith, Bank Fraud / Card Cancellation Line, Trusted Co-Worker or HR Department.

SECURITY ADVISORY (DIGITAL & PHYSICAL):

- Digital: If downloaded, immediately rename this file to something mundane (e.g., "2025_Tax_Documents.pdf").
- Physical: If you carry the printed directory in your purse or car, disguise it. Cut along the dotted line on the template to remove the INDVOR header. Hide critical numbers under fake business names (e.g., list the DV Hotline as "IC Tech Support" or whatever you're more comfortable with / will remember for the true contact).

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BEHAVIORAL & ESCALATION LOG

INSTRUCTIONS

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THE OBJECTIVE: Physical violence is rarely the first step in an abusive dynamic; it is the culmination of a deeply rooted system of psychological manipulation. We call these the "Subterranean Embers." The legal system frequently dismisses these early warning signs because they are difficult to prove.

This log is designed to document the invisible warfare: the isolation, the gaslighting, and the micro-surveillance. By tracking these daily psychological tactics in a rigid ledger, you establish a legally recognizable pattern of Coercive Control, proving to a judge that the abuse was systemic long before it became physical.

HOW TO EXECUTE THIS LEDGER:

1. **Track the "Invisible" Abuse** Do not wait for a major event like a broken window or a physical altercation to use this log. If your abuser checks the mileage on your car, demands to know who you were talking to, or hides your keys, log it immediately.
2. **The 7-Word Micro-Fact** Psychological abuse is incredibly triggering to write about. To protect your mental space and keep the document legally sound, you must rely on the Micro-Fact. Strip away your emotional reaction and write only the indisputable action taken by the abuser.

- **DO NOT WRITE:** "He made me feel crazy by denying he said that awful thing yesterday."
- **WRITE THIS:** "Denied previous conversation. Refused further communication."

3. **Monitor the Escalation** The final column requires a (Y/N) check for "Escalation." Mark "Yes" if a specific behavior is becoming more frequent or more intense than it was the previous week. This column immediately flags rising danger levels for law enforcement.

SECURITY ADVISORY (DIGITAL & PHYSICAL):

- Digital: If downloaded, immediately rename this file to something mundane (e.g., "2025_Household_Notes.pdf").
- Physical: If carrying this printed tracker outside the home, cut along the dotted line to remove the INDVOR header. Hide it within a standard planner or notebook.

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CUSTODY & COMPLIANCE LOG

INSTRUCTIONS

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THE OBJECTIVE: Family court operates strictly on documented patterns, not isolated complaints. When navigating a custody arrangement with an abusive co-parent, boundaries are frequently violated to maintain control.

This log is engineered specifically for judges and family law attorneys. It translates frustrating co-parenting conflicts into undeniable breaches of court orders, tracking how the abuser weaponizes the children or consistently fails to comply with legal agreements.

HOW TO EXECUTE THIS LEDGER:

1. **Facts, Not Parenting Grievances** Family court judges have very little patience for general parenting disagreements. This log must only track objective violations of your decree or acts of emotional abuse directed at the children. Keep the Micro-Fact focused on the exact violation.

- **DO NOT WRITE:** "He is a terrible dad and showed up whenever he felt like it to ruin our evening."
- **WRITE THIS:** "Arrived for drop-off 90 minutes late without prior notification."

2. **Document the Impact on the Child** Courts prioritize the stability of the minor. The most critical column on this ledger is "Child Impact." If a violation caused your child to miss a medical appointment, have a noticeable anxiety response, or miss school, it must be documented objectively.

3. **The "Exact Quote" Rule for Disparagement** Most custody orders contain a non-disparagement clause. If the abuser badmouths you to or in front of the children, log the exact quote word-for-word. Do not summarize it.

SECURITY ADVISORY: Do not keep this log in your child's diaper bag, backpack, or in a vehicle used for custody exchanges. Abusers frequently search children's belongings during their parenting time. Keep this log securely hidden in your home or digital vault.

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EXECUTIVE SUMMARY INTAKE INSTRUCTIONS

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THE OBJECTIVE: The hardest truth of the legal system is that judges, prosecutors, and police officers are severely overburdened. If you hand an official a 150-page binder of text messages and detailed logs, they will not have the time to read it.

You must assume they will only give your case five minutes of initial attention.

The Executive Summary is the absolute first page of your physical Dossier. It is the intake sheet. It forces you to distill months or years of trauma into a one-page, undeniable snapshot. It tells the legal system exactly why you are there today, what the worst-case scenario has been, and provides a table of contents for the evidence that follows.

HOW TO EXECUTE THIS SUMMARY:

- 1. This is the Final Step** Do not attempt to fill out this cover sheet until you have organized the rest of your Dossier. This page is simply a summary of the heavy lifting you have already completed in your Master Incident Logs and specialized ledgers.
- 2. The Origin Point** The court needs to understand the longevity of the control. Use this section to establish when the very first signs of abuse began (the "Subterranean Embers"), proving that the current crisis is part of a long-term pattern.
- 3. The Most Severe Incident** Identify the single most dangerous or damaging event on record. If there was an incident involving physical violence, strangulation, or a direct threat to your life, highlight it here, regardless of how long ago it occurred.
- 4. The Evidence Index** Use the final section to bullet-point the highest-priority proof you have attached in the binder (e.g., "14 pages of text threats," "3 police reports," "Photographs of property damage").

INDVOR

EXECUTIVE SUMMARY INTAKE

If you need to carry this sheet with you, cut along the dotted line to remove the header so the document cannot be identified by your abuser.

CURRENT THREAT LEVEL / REASON FOR ENGAGEMENT TODAY:(Briefly summarize the specific incident that caused you to seek legal/police intervention at this exact time.)

THE ORIGIN POINT OF ABUSE:(Approximate Date / Month / Year)(Briefly describe the initial onset of abuse.)

THE MOST SEVERE INCIDENT ON RECORD:(Date of Incident)(Describe the single most dangerous, violent, or financially devastating event, summarizing the Master Incident Log entry.)

ATTACHED EVIDENCE INDEX:(Provide a high-level bulleted list of the proof contained in the pages behind this summary.)

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