

Ghost Check List

You can use this as a guideline, and/or send back your response to see if an investigation might be needed.

Email: GONEparanormal@yahoo.com

**1 - What is happening? Give a general description of things.
What are you hearing? What are you seeing?**

2 – When did activity start? How often does it happen?

4 – Any odd behavior from pets or children? (Ex: Pet is afraid to go into an area. Babies/toddlers focused on something “unseen”, perhaps laughing, or youngsters with “imaginary” friends, talking to “someone”)

5 – Have you been touched? What were the circumstances? How often?

6 – Are objects moved, lost, or do objects “appear”?

7 - Do doors open or close by themselves, with no explanations? (wind, uneven floor, etc)

8 - Does your furniture rattle or shake, with no explanation? (you live near a train station, a pipe runs under your room from the toilet, furnace is just under the room)

9 – Do you see the same thing over and over, with no interaction? Is nothing being moved or touched?

(Ex: Woman dusting table, every Saturday morning. People chattering every Saturday night, seemingly playing cards)

You can check some things out yourself. Always try to explain as many occurrences as possible. This does NOT rule out Paranormal activity. You may be able to explain some things, but others you cannot.

Sounds: Check pipes, outside tree branches, animals (roof, attic).

Creaky floor boards.

(You can step on one board and hear a noise on another).

Sights: Reflections, shadows from a fireplace, candle, low lighting, outside sources.

Outdoors: Flashlights, sun/moon reflections. You can always call your electric company to check or cable company for odd occurrences in area.

Doors opening and shutting: Check the obvious; latches, floor tilts, wind, etc.