

Here you go! Per your request - now to give you some simple directions. Make sure you add as many photos as you want. I have photos of all my tattoos and I have them labeled on the back where they are located on my body. Same for any piercings. If you have breast implants, they have serial numbers - include those.

I also have a list "of my enemies". And by this list, it doesn't mean only people who would want to "murder you". I have included weird exes - people who have shown erratic behavior - any everything in-between. Add any and all dating sites - all passwords. And also, I have my sealed a particular way - with directions as to how. I have given it to four people I trust. All have the same copy. And none of the people know who the others are. Why? So if they decide to kidnap me - they can't break into the house of the others who have it -and steal my info.

Does it seem Extra? Yes. Is it? Probably. Do I care? Nope.

I have been in an abusive relationship - and I know how it can go. So to me, always better safe than sorry.

Lastly, if you have any weapons or firearms, Include the name and serial numbers. Lots of folks have firearms and don't want others to know. Don't keep secrets in this. Just don't.

It really could save your life.

Anyway, feel free to use this -or use it as a prompt.

Stay Safe. We love you. Wash your hands. Wear a Mask.



DATE: _____

First Name:	
Middle Name:	
Last Name:	
Maiden Name/Alias:	
Birthdate:	
Home Phone Y/N:	
Cell Phone Y/N: PIN:	
Work Phone Y/N:	
Home Address:	
Work Address:	
What is your daily activities on a	
work day?	
	Front Facing Photo Here (Head Shot) Hair off face - with current color/style
Tattoos:(If yes - attach photos & description of L	
acebook username and password	
Instagram username and password	
Twitter username and password	
Snapchat username and password	
TikTok username and password	
Jsing any dating sites?	
Vehicle Make/Model:	
VIN Number/Plate:	
Work Address:	



Height:	
Weight:	
Shoe Size:	
Measurements:	
Eye Color:	
Hair Color:	
Closet Friends & Numbers:	
List of anyone who might want to harm you & why:	
	FULL BODY PHOTO
	Hair off face - with current color/style
Dentist Contact Info:	
Doctor Contact Info:	
Medical Issues?	
Any Medications?	
Any Ongoing Legal Issues?	
Any scars or medical implant devices?	
Handwriting Sample Cursive	
Handwriting Sample Print:	
Allergies:	



- the podcast -			-			
right thumb	right index	right	middle	right ring	right pinkie	
	1 61 1					
left thumb	left index	left middle		left ring	left pinkie	
left four fingers taken		left thumb	right thum		right four fingers taken	
left four fingers taken simultaneously le		left thumb	right thum		right four fingers taken simultaneously	

FINGERPRINTS