



THE FIRST RESPONSE CARD

What to check before you call it haunted

A ten-minute protocol for documenting an unexplained event before expectation, retelling, or ordinary hazards contaminate the evidence.

THE 10-MINUTE PROTOCOL

1. LIFE SAFETY FIRST

Check carbon monoxide before anything exotic. If anyone has headache, confusion, weakness, or hallucinations, leave the space and treat it as a safety issue.

2. FREEZE THE STORY

Separate witnesses before they compare notes. Take each first account independently.

3. RECORD WHAT HAPPENED

Write the sequence exactly as perceived. Do not convert observation into interpretation.

4. LOG TIME AND PLACE

Note the exact room, date, time, lighting, weather, who was present, and what each person was doing.

5. ASK WHAT CHANGED

New appliance, construction, tenant, medication, sleep disruption, bereavement, or environmental change can matter.

6. ESTABLISH A BASELINE

Record temperature, humidity, ordinary sound, ventilation, lighting, and any repeatable environmental conditions.

7. RECORD CONTINUOUSLY

Fragments are easy to misread. Log your own movements so a boot, door, or sleeve does not become an anomaly.

8. RULE OUT THE ORDINARY

Check HVAC, plumbing, traffic, reflections, drafts, animals, settling, neighboring properties, and electrical sources.

9. TRY TO REPRODUCE IT

A serious investigation works harder to reproduce an event by ordinary means than to confirm it as extraordinary.

10. STATE THE LIMIT HONESTLY

Write what you detected under these conditions. “No anomaly detected” is not the same claim as “nothing happened.”

METHOD BEFORE MEANING.

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FIRST INCIDENT RECORD

Write the observation before you write the theory.

DATE

TIME

LOCATION / ROOM

OBSERVER

SECOND OBSERVER

WHAT HAPPENED? DESCRIBE THE SEQUENCE WITHOUT INTERPRETATION.

CIRCUMSTANCES

☐ Awake

☐ In bed

☐ Just woken

☐ Alone

☐ Alcohol / medication

HOURS SLEPT

LIGHTING

AMBIENT NOISE

WHAT CHANGED RECENTLY?

Appliance / ventilation · construction · medication · sleep · tenant / visitor · bereavement · neighboring activity · other

ORDINARY CAUSES CHECKED

☐ HVAC

☐ Plumbing

☐ Traffic / rail

☐ Reflection

☐ Draft

☐ Animal

☐ Electrical

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