



WORKPLACE BULLYING DIARY

Date of event: _____ Time of event: _____

Who was the 'target' of the unacceptable words/behaviour:

1. _____ 2. _____

3. _____ 4. _____

Who was the 'instigator': _____

Was the instigator assisted by anyone else Yes No. If 'Yes', by who:

1. _____ 2. _____

3. _____ 4. _____

Location of event: _____

Describe the event that happened:

How did this behaviour make you feel:

Were there any witness to this event Yes No. If 'Yes', include names:

1. _____ 2. _____

3. _____ 4. _____

Was follow-up action taken to address the words/behaviour? Yes No

If 'Yes', what action was taken:

Any additional comments: