

5 clues there may be stalking apps on your phone



Battery

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Your phone's battery drains faster or heats up more than usual

Charges

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Unexplained charges, spikes in data usages and increased activity in screentime reports.



Access

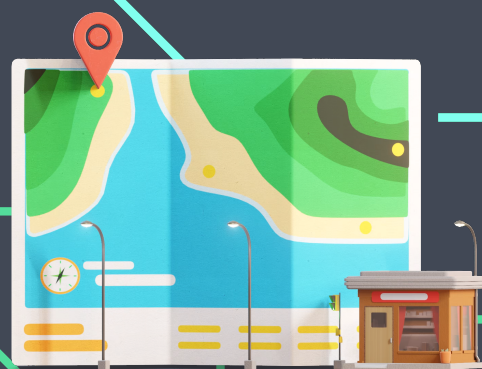
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Abuser has physical access to your phone, knows the pin to unlock or knows your personal details.

Phone Settings

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Unexplained changes in your phone settings. For example, location services which were off, are now on.



Instincts

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Trust your instincts. Does an abuser have knowledge that is only available via your phone? If so watch out for these changes on your device.