



# Paranormal Investigation Cheat Sheet

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The purpose of paranormal investigation is to explore and investigate unexplained phenomena and experiences that are believed to be paranormal in nature.

The goal is to gather evidence, seek understanding, and potentially communicate with spirits or entities from the spirit world. Paranormal investigators aim to document and analyze paranormal activity, providing insights into the unknown and offering potential validation or debunking of claims. Ultimately, the goal is to shed light on the mysterious and provide a deeper understanding of the supernatural realm.

## Important to remember:

In the realm of paranormal investigation, open-mindedness, skepticism, and respect for the unknown are crucial elements. Open-mindedness allows investigators to approach each case without preconceived notions, remaining receptive to all possibilities.

Skepticism ensures a critical examination of evidence, separating fact from speculation and guarding against misinterpretation. It encourages a rigorous and scientific approach to investigations.

Respect for the unknown acknowledges that paranormal phenomena are often beyond our current understanding and requires humility and reverence when engaging with the supernatural. These qualities foster integrity, credibility, and a balanced approach to unraveling the mysteries of the paranormal realm.

**Below we would like to give you an overview of all the important steps in ghost hunting or your paranormal investigation. You have the possibility to make notes or tick off the checklist. This is how the paranormal investigation is organized and has a professional process.**

# 1. Pre-Investigation Preparation

## **Conduct background research on the location and its history.**

Conducting background research on the location and its history is an essential step in paranormal investigation. By delving into the history of a place, investigators can uncover significant events, tragedies, or legends that may be relevant to reported paranormal activity.

Researching the location's past helps create a contextual framework for understanding potential paranormal phenomena. It provides insights into the people who lived or worked there, their experiences, and any documented supernatural occurrences.

By gaining knowledge about the location, investigators can better interpret and validate claims, identify potential triggers for paranormal activity, and establish connections between historical events and reported phenomena. This research lays the foundation for a more comprehensive investigation and enhances the understanding of the location's haunted or paranormal nature.

**Location:**

**Date:**

**Team:**

**Paranormal Events:**

**Make some notes:**

## 2. Prepare Investigation Equipment

Here is a list of equipment that can be very useful during a paranormal investigation.

You can of course expand the list and adapt it to your needs or the situation.

- EMF meters
- Digital voice recorders
- Infrared cameras
- Temperature Sensor
- Camera
- Laser net generator
- Thermometers
- Spirit boxes or EVP devices
- Motion sensors
- Flashlights
- Notebooks and pens for documentation
- Extra batteries and memory cards

### 3. Create An Investigation Plan And Assign Roles To Team Members

Creating an investigation plan and assigning roles to team members is a crucial aspect of a successful paranormal investigation. This process involves carefully organizing and outlining the objectives, strategies, and procedures for the investigation. By developing a plan, investigators can ensure that the investigation remains focused and systematic.

The investigation plan outlines various aspects, such as the specific areas to be investigated, the equipment to be used, and the duration of each investigation session. It also defines the roles and responsibilities of each team member, assigning tasks such as documentation, data analysis, equipment operation, and observation.

Assigning roles to team members ensures that everyone is actively involved and contributes their expertise to the investigation. Some team members may specialize in operating specific equipment, while others focus on documenting observations and experiences. Assigning roles helps streamline the investigation process and promotes effective teamwork.

By creating an investigation plan and assigning roles, investigators can maximize their efficiency, maintain organization, and ensure that all important aspects of the investigation are covered. This systematic approach increases the chances of capturing valuable evidence and gaining a deeper understanding of the paranormal phenomena being investigated.

**Make some notes:**

## 4. Conducting the Investigation

Conducting the investigation is the core phase where investigators actively explore designated areas, using specialized equipment to capture anomalies.

They document observations, note temperature changes, and electromagnetic fluctuations, and conduct EVP sessions. Investigators maintain an open-minded yet skeptical approach, sharing findings and insights with the team.

The goal is to gather empirical data, validate claims, and contribute to the understanding of the paranormal.

- Begin with a team briefing and set clear communication protocols.
- Conduct a walkthrough of the location, noting areas of interest and potential hotspots.
- Document baseline readings of EMF levels, temperature, and any anomalies.
- Use EVP sessions or spirit boxes to attempt communication with spirits.
- Take photographs and record videos in both visible and infrared spectrum.
- Use motion sensors to detect any movement or activity.
- Conduct experiments or trigger objects to provoke responses.

## 5. Documenting Evidence

Documenting evidence is a crucial step in paranormal investigation. Investigators carefully record all findings, including photographs, audio recordings, videos, and written notes.

Each piece of evidence is meticulously organized and labeled with relevant details such as date, time, and location. The purpose is to preserve and analyze the collected data to identify patterns, anomalies, or potential paranormal activity.

Proper documentation allows for objective review, sharing with fellow investigators, and presentation to clients or the public. It contributes to building a comprehensive and credible body of evidence in the field of paranormal research.

- Encourage thorough note-taking during the investigation.
- Record any personal experiences or feelings during the investigation.
- Document significant EVPs, anomalous photographs, temperature fluctuations, or other paranormal occurrences.
- Organize and catalog all evidence for later analysis.

**Make some notes:**

## 6. Post-Investigation Analysis

Post-investigation analysis is a crucial step in the paranormal investigation process. Once the investigation is complete, investigators carefully review and analyze all the collected evidence, including photographs, audio recordings, videos, and notes.

The purpose of this analysis is to identify any potential paranormal phenomena or patterns that may have been captured during the investigation. Investigators compare and cross-reference the evidence to determine if there are any correlations or consistent occurrences.

This analysis involves a combination of scientific scrutiny, logical reasoning, and open-mindedness to draw conclusions based on the available data. The goal is to provide an objective assessment of the investigation and its findings, contributing to the understanding of the paranormal realm and potentially offering insights into the unexplained.

- Review all collected evidence, including audio, video, and photographs.
- Collaborate with team members to validate findings and interpretations.
- Compare evidence to historical records or witness testimonies.
- Consider alternative explanations or debunking possibilities.

**Make some notes:**

## 7. Final Report and Conclusion

- Compile a comprehensive report of the investigation, including a summary of findings, supporting evidence, and conclusions.
- Discuss any unresolved questions or further steps for future investigations.
- Provide contact information for further inquiries or assistance.

**Make some notes:**