



PRO SE / SELF-REPRESENTED GUIDE

# TCPA Robocall Lawsuit Exhibit Guide

A self-represented litigant's guide to documenting unwanted robocalls and text messages for court. Recover \$500-\$1,500 per illegal call.

If you've received unwanted robocalls or text messages, you may have a claim under the Telephone Consumer Protection Act (TCPA). The law allows you to recover \$500-\$1,500 per violation, even without showing actual harm. Many people successfully bring these cases without lawyers. This guide helps you organize the evidence needed to prove your case.

## Call & Text Evidence

- Phone call logs**  
Screenshots or exports from your phone showing incoming calls with dates and times
- Text message screenshots**  
Full screenshots showing sender, date, time, and message content
- Voicemail recordings**  
Saved voicemails as audio files with dates noted
- Caller ID information**  
Screenshots showing the number or name that appeared
- Spam/block notifications**  
Screenshots if your phone marked calls as suspected spam

## Phone Carrier Records

- Cell phone bills**  
Monthly bills showing incoming calls from the number
- Detailed call records**  
Request from your carrier showing all calls received
- Text message records**  
Carrier records showing texts received from the number

## Do-Not-Call Evidence

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- DNC registration confirmation**  
Proof you registered on donotcall.gov (check at donotcall.gov)
- Written opt-out requests**  
Texts, emails, or letters you sent asking them to stop
- Opt-out confirmation**  
Any response confirming you were removed from their list
- Continued calls after opt-out**  
Evidence of calls received after you asked them to stop

## Caller Identity

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- Company name from calls**  
Notes on what company the caller claimed to represent
- Website or callback number**  
Any websites or numbers mentioned in calls or texts
- Marketing materials**  
Any related mail, email, or materials from the company
- Who answered when you called back**  
Notes from calling the number back to identify the caller

## Your Declaration

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- Timeline of calls received**  
A list showing date, time, and brief notes for each call
- Description of call content**  
What the calls said (recorded message, live person, etc.)
- Statement about consent**  
Your statement that you never gave permission to be called
- Impact on you**  
How the calls affected you (interruptions, stress, etc.)

### COMMON MISTAKES TO AVOID

1. Deleting call logs or text messages before making records or screenshots
2. Not saving voicemails before they are automatically deleted
3. Forgetting to document the date you registered on the Do-Not-Call list
4. Not requesting detailed phone records from your carrier soon enough
5. Accepting a quick settlement without calculating total damages (# calls x \$500)

## ORGANIZATION TIPS

- Create a call log spreadsheet with columns for date, time, phone number, and what was said
- Screenshot every unwanted text immediately - include the sender info and timestamp
- Save voicemails as audio files with the date in the filename (e.g., "robocall-2024-01-15.mp3")
- Request your complete phone records from your carrier (often available in your online account)
- Keep a running count of total calls - this determines your potential damages

## COURTROOM PREPARATION

- Small claims court limits vary by state (\$5,000-\$25,000) - calculate if your claim fits
- Calculate damages: number of calls × \$500 = minimum damages (\$1,500 per call if willful)
- Bring printed copies of all call logs and text message screenshots
- Prepare a simple timeline showing the pattern of calls over time
- Know whether calls were made with an autodialer - recorded messages suggest automation
- Be ready to explain that you never gave consent and asked them to stop

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