

Crypto Starter Checklist

Before you trust an unexpected message.

Five checks to help you step outside the pressure. No wallet, account or transaction is needed to use this sheet.

- ☐ **1. Step outside the pressure.**
A deadline, threat or urgent security check is a reason to pause the message - not proof that you must obey it.
- ☐ **2. Reach help independently.**
Open the provider's verified app or official support site yourself. Don't use links, downloads or phone numbers supplied by the unexpected message.
- ☐ **3. Keep wallet secrets out of support.**
Recovery words (a seed phrase) can give control of a wallet. Do not give them, private keys, passwords or one-time codes to someone claiming to help.
- ☐ **4. Don't approve an unclear request.**
A token approval can let an app move tokens. If you cannot explain what a request allows, stop. Closing a page does not necessarily remove an existing approval.
- ☐ **5. Leave unanswered questions visible.**
Record the claim, an independent source and what you still need to check. Keep secrets and private account details off this sheet. A checked box is not a safety guarantee.



Restoring your own wallet is different: use its verified official instructions, not a link or process supplied by an unexpected message.



ALREADY SHARED SECRETS OR SEEN UNEXPECTED ACTIVITY?

Stop the suspicious interaction and promptly use independently verified official support or qualified incident help. This checklist is not a recovery procedure.

Your next step: learn how fake support works.

cryptowithoutblindspots.com/learn/recovery-phrase-scams

Official reading (links): Checked 19 September 2026

[Trezor: phishing](#) | [MetaMask: wallet secrets](#) | [MetaMask: token approvals](#)

[MetaMask: revoking approvals](#) | [MetaMask: suspected compromise](#)

General education, not individualized financial or cybersecurity advice. Not a complete security checklist. Separate from the paid 10-Minute Crypto Self-Defense Playbook.