

**VIA CERTIFIED MAIL / RETURN RECEIPT REQUESTED**

**Date:** [Date]

**To:**

[Attorney Name]

[Law Firm Name]

[Address]

[City, State, Zip Code]

**RE: CEASE AND DESIST DEFAMATORY STATEMENTS REGARDING [YOUR NAME]**

Dear [Attorney Name],

This letter serves as a formal demand that you immediately cease and desist from making false, defamatory, and injurious statements regarding my character, professional reputation, and the circumstances surrounding your discharge as my legal counsel.

It has come to my attention that since the termination of our attorney-client relationship on [Date of Discharge], you have engaged in a campaign of defamation by [describe how the statements are being made, e.g., contacting my current counsel, speaking to third parties, or posting online]. Specifically, you have stated that:

[List specific false statements made by the attorney]

These statements are demonstrably false, malicious, and constitute defamation per se. Furthermore, your actions may violate the rules of professional conduct regarding client confidentiality and the duties owed to former clients. Your communications appear intended to interfere with my current legal matters and to damage my standing in the community.

**DEMAND IS HEREBY MADE THAT YOU:**

- Immediately cease making any further oral or written statements concerning me that are false or disparaging.
- Retract all previous defamatory statements made to [Names of persons/entities contacted].
- Provide written assurance to my office within [Number] days that you will comply with these demands.

Failure to comply with this notice will leave me with no alternative but to pursue all available legal remedies, including filing a formal grievance with the [State Name] State Bar and initiating a civil lawsuit for defamation, seeking compensatory and punitive damages, as well as injunctive relief.

Governing yourself accordingly,

[Your Signature]

[Your Printed Name]

[Your Address]

[Your Phone Number]

[Your Email]