

Date: [Insert Date]

To: [Name of Family Member]

Address: [Insert Address if known]

City, State, Zip: [Insert City, State, Zip]

**RE: CEASE AND DESIST ORDER**

Dear [Name of Family Member],

This letter serves as a formal demand for you to immediately cease and desist all forms of harassment and unwanted contact toward me.

Your recent actions, including but not limited to [list specific behaviors, e.g., constant phone calls, social media messages, uninvited visits, or spreading rumors], have caused me significant distress and are unacceptable.

I am requesting that you:

- Stop calling, texting, or emailing me.
- Stop contacting me via social media platforms.
- Stop visiting my home or place of work.
- Stop contacting third parties to relay messages to me.

Please consider this my final notice. I wish to have no further communication with you of any kind. If you ignore this request and continue to harass or contact me, I will be forced to pursue legal action, which may include filing a police report and seeking a restraining order or order of protection.

Do not respond to this letter. Any further contact will be documented and used as evidence of continued harassment.

Sincerely,

[Your Signature]

[Your Printed Name]