

**Date:** [Current Date]

**From:**

[Your Name]

[Your Address]

[Your City, State, Zip Code]

[Your Phone Number]

**To:**

[Company Name]

[Company Address]

[City, State, Zip Code]

**RE: CEASE AND DESIST ALL AUTOMATED CALLS AND TEXT MESSAGES**

To Whom It May Concern,

I am writing this formal letter to demand that you immediately cease and desist all telephone calls and text messages to the phone number listed above [Your Phone Number].

I do not grant you permission to contact me using an automatic telephone dialing system (ATDS), an artificial or prerecorded voice, or any other automated technology. If I have previously provided consent to be contacted, I hereby revoke that consent in its entirety, effective immediately.

Please ensure that my number is placed on your internal "Do Not Call" list. Continued contact after receipt of this notice may constitute a violation of the Telephone Consumer Protection Act (TCPA) (47 U.S.C. § 227) and other applicable state and federal laws.

Failure to comply with this request will result in me pursuing legal action, which may include reporting this matter to the Federal Trade Commission (FTC), the Federal Communications Commission (FCC), and filing a private lawsuit for statutory damages.

Sincerely,

[Your Signature]

[Your Printed Name]