

[Your Name]
[Your Address]
[Your Phone Number]
[Your Email]

[Date]

[Recipient Name]
[Recipient Address]

RE: CEASE AND DESIST - VERBAL ABUSE AND THREATS

Dear [Recipient Name],

This formal letter is to demand that you immediately cease and desist from engaging in any further verbal abuse, harassment, or threats against me.

Specifically, your recent actions on [Date(s)] involving [Describe specific incidents, e.g., shouting, use of profanity, or specific threats made] are unacceptable and have caused significant distress. This conduct is unwelcome and serves no legitimate purpose.

I am demanding that you:

- Immediately stop all verbal attacks, insults, and derogatory language.
- Cease making any further threats of physical harm or professional retaliation.
- Refrain from any further contact with me via phone, email, social media, or in person, except through legal counsel if necessary.

Be advised that I am documenting all occurrences of your behavior. If you continue this harassment or escalate your actions, I will not hesitate to pursue all available legal remedies. This may include, but is not limited to, seeking a restraining order, filing a formal police report, or initiating a civil lawsuit for emotional distress.

This is your only warning. Please govern yourself accordingly.

Sincerely,

[Your Signature]

[Your Printed Name]