

[Your Name]  
[Your Address]  
[Your City, State, Zip Code]  
[Your Phone Number]  
[Date]

[Name of Debt Collector or Company]  
[Address]  
[City, State, Zip Code]

**RE: Cease and Desist - Excessive Telephone Contact**

To Whom It May Concern,

I am writing to formally demand that you immediately cease and desist all telephone communication to me regarding [Account Number or Reference, if applicable].

The frequency and timing of your calls have become excessive and harassing. Under the Fair Debt Collection Practices Act (FDCPA) and/or applicable state harassment laws, you are required to stop contacting me via telephone now that I have requested you do so in writing.

From the date of your receipt of this letter, do not call my home, my cellular phone, or my place of employment. If you need to contact me regarding this matter, you must do so only in writing via U.S. Mail at the address listed above.

Please be advised that I am keeping a detailed log of all incoming calls, including the dates, times, and caller ID information. Failure to comply with this request will result in me filing a formal complaint with the Consumer Financial Protection Bureau (CFPB) and the Federal Trade Commission (FTC), and I reserve the right to pursue legal action for harassment.

Thank you for your immediate cooperation.

Sincerely,

[Your Signature]

[Your Printed Name]