

Date: [Date]

VIA: [Certified Mail / Personal Delivery / Email]

To: [Recipient Name]

Address: [Recipient Address, if known]

CEASE AND DESIST NOTICE

RE: Notice to Stop Personal Harassment and Stalking

Dear [Recipient Name],

This letter is a formal demand that you immediately cease and desist from all unwanted contact, harassment, and stalking behaviors directed toward me, [Your Name].

Your recent actions, including but not limited to [List specific actions, e.g., repeated phone calls, following me, unwanted emails, showing up at my residence/workplace], are unacceptable and have caused significant distress and fear for my safety.

I am officially directing you to:

- Immediately stop all forms of communication with me, whether via phone, text, social media, email, or third parties.
- Cease following, monitoring, or tracking my physical movements or digital activity.
- Stay away from my home, my place of employment, and any other locations I frequent.

Take notice that I am keeping a detailed log of all your actions and have preserved all evidence of your harassment. This letter serves as a final warning before I pursue formal legal action. If you fail to comply with this demand immediately, I will not hesitate to contact law enforcement to file a report and seek a restraining order or order of protection against you.

Do not contact me to discuss this letter. Do not contact me for any reason whatsoever.

Sincerely,

[Your Signature]

[Your Printed Name]