

**SENT VIA CERTIFIED MAIL / RETURN RECEIPT REQUESTED**

Date: [Date]  
From: [Your Full Name]  
Address: [Your Address]  
City, State, Zip: [Your City, State, Zip]

To: [Harasser's Full Name]  
Address: [Harasser's Address, if known]  
City, State, Zip: [Harasser's City, State, Zip]

**RE: CEASE AND DESIST HARASSMENT AND STALKING ACTIVITIES**

Dear [Harasser's Name],

This letter serves as a formal legal notice demanding that you immediately cease and desist any and all stalking, harassment, and unsolicited contact directed toward me.

Your recent actions, including but not limited to [List specific behaviors, e.g., following me, repeated unwanted phone calls, appearing at my workplace, digital surveillance], are unlawful, intrusive, and have caused significant emotional distress and concern for my safety.

**I am formally instructing you to:**

- Immediately stop following, shadowing, or monitoring my physical movements.
- Cease all forms of communication with me, including via telephone, email, social media, or through third parties.
- Stay away from my residence, my place of employment, and any other locations I frequent.
- Cease any digital or electronic surveillance of my private life.

Be advised that I have begun documenting every instance of your unwanted behavior. If you do not comply with this demand immediately, I will not hesitate to pursue all available legal remedies against you. This includes, but is not limited to, filing a police report, seeking a temporary or permanent restraining order (Order of Protection), and initiating civil litigation for damages.

Do not contact me to discuss this letter. Any further contact from you will be viewed as a continuation of your harassment and will be used as evidence in court proceedings.

This is your final warning.

Sincerely,

[Your Signature]  
[Your Printed Name]