

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

Date: [Date]

**TO:**

[Recipient Name]

[Recipient Address]

[City, State, Zip Code]

**RE: FORMAL NOTICE TO CEASE AND DESIST HARASSMENT AND STALKING**

Mr./Ms. [Recipient Last Name],

This letter serves as a formal demand that you immediately cease and desist all forms of stalking, harassment, and unwanted contact directed toward [Your Name].

Your recent actions, including but not limited to [describe specific behaviors, e.g., following me, repeated unwanted phone calls, appearing at my workplace, digital surveillance], are illegal, distressing, and will no longer be tolerated. These actions constitute a pattern of behavior that violates state and federal laws regarding stalking and harassment.

**Effective immediately, you are instructed to:**

- Cease all physical surveillance or following of my person.
- Cease all communication with me via telephone, email, social media, or third parties.
- Remain at least [Number] feet away from my residence, my place of employment, and my vehicle.
- Refrain from any further actions that would cause a reasonable person to fear for their safety.

Be advised that I am currently documenting every instance of your conduct. This letter serves as a final warning before formal legal action is initiated. If you fail to comply with this demand immediately, I will not hesitate to pursue all available legal remedies, which may include:

1. Filing a petition for a permanent Restraining Order or Order of Protection.
2. Reporting your conduct to local law enforcement for criminal prosecution under stalking and harassment statutes.
3. Initiating a civil lawsuit for damages, including intentional infliction of emotional distress.

Do not contact me to discuss this letter. Any further contact from you will be used as evidence in court to demonstrate your continued intent to harass.

Governing yourself accordingly,

[Your Signature]

[Your Printed Name]

[Your Address/Contact Information or Attorney Information]