

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

VIA CERTIFIED MAIL

[Recipient Name]  
[Recipient Address]  
[City, State, Zip Code]

**RE: NOTICE TO CEASE AND DESIST ALL CONTACT**

Dear [Recipient Name],

This letter serves as a formal notice for you to immediately cease and desist all contact with me. Your recent behavior, including [list specific behaviors, e.g., unwanted phone calls, following me, appearing at my workplace], is unwelcome, harassing, and constitutes stalking.

I am demanding that you:

- Stop all physical proximity or surveillance of my person, my home, and my place of employment.
- Cease all forms of communication, including but not limited to: phone calls, text messages, emails, social media interactions, and third-party messages.
- Refrain from contacting my family members, friends, or coworkers regarding me.

I have not authorized this contact, and I do not wish to have any relationship or interaction with you of any kind.

Be advised that I am documenting all incidents. If you disregard this notice and continue your harassment or stalking behavior, I will not hesitate to pursue all available legal remedies. This includes, but is not limited to, filing a formal police report and seeking a Restraining Order or Order of Protection against you.

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

Sincerely,

[Your Signature]

[Your Printed Name]