

Date: [Date]

FROM:

[Your Full Name]

[Your Address]

[Your City, State, Zip Code]

TO:

[Recipient Full Name]

[Recipient Address]

[Recipient City, State, Zip Code]

RE: FORMAL NOTICE TO CEASE AND DESIST HARASSMENT

Dear [Recipient Name],

This letter serves as a formal legal notice demanding that you immediately cease and desist all forms of harassment, unwanted contact, and communication directed toward me.

Your recent actions, including but not limited to [list specific behaviors, e.g., repeated phone calls, unwanted emails, following me, or social media harassment], are unacceptable. This conduct is causing significant emotional distress and is interfering with my personal life and safety.

I am hereby instructing you to:

- Immediately stop all physical, verbal, or electronic contact with me.
- Cease contacting my family members, friends, or employers regarding my personal affairs.
- Refrain from posting any defamatory or private information about me on any public or social media platform.

This is your only warning. If you fail to comply with this demand immediately, I will be forced to take further legal action. This may include, but is not limited to, filing a formal police report, seeking a restraining order or order of protection, and pursuing civil litigation for damages.

Do not respond to this letter. Any further contact from you will be documented and used as evidence in future legal proceedings.

Sincerely,

[Your Signature]

[Your Printed Name]