

Date: [Insert Date]

TO: [Insert Name of Recipient/Username]

ADDRESS: [Insert Address or Platform/URL where trolling occurs]

RE: CEASE AND DESIST - DEFAMATION AND HARASSMENT

Dear [Insert Name],

This letter is a formal demand that you immediately cease and desist from your illegal and harmful actions regarding [Insert Name of Person or Business].

It has come to our attention that you have been engaging in a campaign of internet trolling and reputation damage, including but not limited to:

- [Insert specific example of post/comment/action]
- [Insert specific example of post/comment/action]
- [Insert specific example of post/comment/action]

Your statements are false, defamatory, and intended to cause emotional distress and professional harm. These actions constitute harassment and are actionable under various civil and criminal laws.

I/We hereby demand that you:

1. Immediately stop making any further disparaging or false comments about me/my business on any social media platform, forum, or website.
2. Remove all existing defamatory posts, comments, or reviews within [Number] hours of receiving this letter.
3. Cease all direct or indirect contact with me/my employees/my family.

Failure to comply with these demands will result in immediate legal action. I/We reserve the right to seek monetary damages, including loss of business income and legal fees, as well as injunctive relief to prevent further harm.

Consider this a formal notice to preserve all records, communications, and data related to your online activities regarding this matter.

Governing yourself accordingly,

Sincerely,

[Your Signature]

[Your Printed Name]

[Your Contact Information]