

[Your Name]
[Your Address]
[Your Phone Number]
[Date]

VIA CERTIFIED MAIL

[Recipient Name]
[Recipient Address]

RE: CEASE AND DESIST - PHYSICAL STALKING AND SURVEILLANCE

Dear [Recipient Name],

This formal letter is to demand that you immediately cease and desist from all forms of stalking, physical surveillance, and unwanted contact regarding [Your Name].

It has come to my attention that you have engaged in the following behaviors:

- Following me to and from my residence, place of employment, or other locations.
- Loitering or maintaining physical surveillance near my home or workplace.
- [Insert specific incident or behavior here].
- [Insert specific incident or behavior here].

Your actions are unsolicited, unwelcome, and have caused significant distress and concern for my safety. These actions may constitute a violation of state and federal stalking, harassment, and privacy laws.

I am officially demanding that you:

1. Immediately stop following, watching, or tracking my physical movements.
2. Stop appearing at my home, my workplace, or any location you know me to be.
3. Cease all forms of communication, including but not limited to phone calls, emails, text messages, and social media contact.
4. Cease any third-party surveillance or hiring of individuals to monitor my activities.

This letter serves as a final warning. I have begun documenting all instances of your behavior. If you do not comply with this demand immediately, I will not hesitate to pursue all available legal remedies. This may include filing a police report, seeking a formal restraining order or order of protection, and initiating a civil lawsuit for damages.

Do not contact me regarding this letter. Any further contact from you will be viewed as continued harassment and will be used as evidence in future legal proceedings.

Sincerely,

[Your Signature]

[Your Printed Name]