

Date: [Date]

VIA: [Method of Delivery, e.g., Certified Mail / Email]

TO:

[Recipient Name]

[Recipient Address]

[Recipient City, State, Zip Code]

RE: CEASE AND DESIST - UNAUTHORIZED ACCESS AND HACKING

Dear [Recipient Name],

This letter is a formal demand that you immediately cease and desist all unauthorized access, hacking, monitoring, and snooping of my electronic devices, accounts, and private digital information.

It has come to my attention that you have engaged in the following activities without my consent:

- Unauthorized access to my [Phone / Computer / Tablet].
- Hacking or bypassing security measures on my [Email / Social Media / Banking] accounts.
- Installation of spyware, keyloggers, or tracking software.
- Unauthorized intercepting of private messages, calls, or data.

Your actions constitute a violation of my privacy and may be in breach of several federal and state laws, including the Computer Fraud and Abuse Act (CFAA) and the Electronic Communications Privacy Act (ECPA).

I demand that you:

1. Immediately stop all attempts to access my devices or accounts.
2. Delete any and all data, photos, or information obtained through these unauthorized means.
3. Remove any malicious software or tracking tools you have deployed.
4. Confirm in writing within [Number] days that you have complied with these demands.

If you fail to comply with this request, I will have no choice but to pursue further legal action, which may include filing a police report, seeking a restraining order, or initiating a civil lawsuit for damages.

This letter is sent without prejudice to my rights, all of which are expressly reserved.

Sincerely,

[Your Signature]

[Your Printed Name]

[Your Address]

[Your Phone Number]