

# Cease and Desist Letter

Date: [Insert Date]

[Your Name]

[Your Address]

[City, State, Zip Code]

[Recipient's Name]

[Recipient's Address]

[City, State, Zip Code]

Dear [Recipient's Name],

I am writing to formally request that you cease and desist from making false and defamatory statements about me, specifically your claims regarding [insert specific statements or allegations]. These statements are untrue and have caused me significant harm to my reputation and personal life.

Under the law, I have the right to protect myself from defamatory statements that can cause damage to my reputation. I demand that you immediately retract these statements and refrain from making any further defamatory remarks about me.

If you do not cease this activity within [insert timeframe, e.g., 10 days], I may have no choice but to pursue legal action against you to protect my rights.

Please consider this letter as a serious notice of your obligations to stop the defamatory activities.

Thank you for your immediate attention to this matter.

Sincerely,

[Your Name]

[Your Contact Information]