

Cease Communication Letter

Date: [Insert Date]

Dear [Recipient's Name],

I hope this message finds you well. I am writing to formally request a cessation of all communication between us following our recent breakup.

While I appreciate the moments we shared, I believe it is in our best interests to part ways completely and allow ourselves the space to heal and move on.

Therefore, I kindly ask that you respect my wishes and refrain from contacting me in any form, whether through calls, texts, social media, or in person.

Thank you for understanding. I wish you all the best in your future endeavors.

Sincerely,

[Your Name]