

Cease Communication Letter

[Your Name]

[Your Address]

[City, State, Zip Code]

[Email Address]

[Date]

[Recipient's Name]

[Recipient's Address]

[City, State, Zip Code]

Dear [Recipient's Name],

I am writing to formally request that you cease all communication with me effective immediately. Despite previous instances where I have made it clear that I wish to limit or end our interaction, I continue to receive messages that I find to be unwanted and distressing.

Your repeated attempts to contact me constitute harassment, which I take very seriously. I kindly ask that you respect my request and refrain from reaching out to me in any form, be it through phone calls, emails, social media, or any other means of communication.

If this harassment continues, I will have no choice but to take further action, which may include notifying the authorities.

Thank you for your immediate attention to this matter.

Sincerely,

[Your Name]