Cease Communication Request

[Your Name]

[Your Address]

[City, State, Zip Code]

[Email Address]

[Phone Number]

[Date]

[Recipient Name]

[Recipient Address]

[City, State, Zip Code]

Dear [Recipient Name],

I am writing to formally request that you cease all forms of communication with me, effective immediately. This includes, but is not limited to, phone calls, text messages, emails, and any other form of contact.

This request is made due to [brief explanation of reasons, if desired]. I wish to have no further interaction and appreciate your understanding in this matter.

Thank you for your prompt attention to this request.

Sincerely,

[Your Name]