

Cease and Desist Letter for Harassment

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 all forms of harassment towards me. Your actions, which include [briefly describe the harassment behaviors, e.g., unwanted calls, messages, threats, or any other specific actions], are not only unwelcome but also unlawful.

These actions have caused me [describe any emotional distress, fear, or impact caused by the harassment]. I request that you discontinue any and all contact with me immediately. Failure to comply with this request may leave me with no choice but to pursue legal action to protect my rights.

This letter serves as my official notice for you to stop these actions. Should you continue to harass me, I will not hesitate to involve the appropriate authorities.

Thank you for your immediate attention to this matter.

Sincerely,

[Your Name]