

# Cease and Desist Letter

[Your Name]  
[Your Address]  
[City, State, Zip Code]  
[Email Address]  
[Phone Number]  
[Date]

[Recipient's Name]  
[Recipient's Address]  
[City, State, Zip Code]

## **Subject: Cease and Desist from Harassment**

Dear [Recipient's Name],

I am writing to formally notify you that your recent actions towards me constitute harassment. Despite my previous requests for you to stop, your behavior has continued and is both distressing and unwelcome.

This letter serves as a demand for you to immediately cease and desist from all forms of harassment against me, including but not limited to [specific actions or behaviors]. If you do not comply, I will have no choice but to take further legal action to protect myself.

Please take this letter seriously and consider this my final warning.

Sincerely,

[Your Name]

[Signature (if sending a hard copy)]