

# Cease and Desist Harassment

Date: [Insert Date]

[Your Name]

[Your Address]

[City, State, Zip Code]

[Email Address]

[Phone Number]

[Recipient's Name]

[Recipient's Address]

[City, State, Zip Code]

Dear [Recipient's Name],

I am writing to formally demand that you cease and desist all forms of harassment towards me, including but not limited to [describe specific actions, e.g., unwanted messages, phone calls, or in-person confrontations]. Your behavior has caused me significant distress and is unacceptable.

Please be aware that if you do not comply with this request, I am prepared to take further action, including reporting this matter to law enforcement and seeking a restraining order.

Govern yourself accordingly.

Sincerely,

[Your Name]