

To :

This is to demand that you [CEASE AND DESIST](#) any contact of any kind with me or any member of my family, including but not limited to, phone calls, texts, emails and letters. This letter is to demand that your [harassment](#) and intimidation tactics CEASE AND DESIST immediately. Should you continue to pursue these activities in violation of this CEASE AND DESIST letter, I will not hesitate to pursue further legal action against you including, but not limited to, [civil action](#) and/or criminal complaints.

Should you willfully choose to continue your current course of action, I will not hesitate to file a complaint with the police department in your jurisdiction for your ongoing violations of the Criminal Laws in effect in (state), and I will take appropriate steps in the appropriate civil court too.

This letter does not constitute an exhaustive statement of my position nor is it a waiver of any of my rights and/or remedies in this and/or any other related matter.

I demand your immediate attention and compliance in this matter.

Very truly yours,