

[Your name]

[Your address]

[Perpetrator's name]

[Perpetrator's address]

[Today's date]

RE: Cease and desist from [stalking/harassing/etc.]

Dear [Perpetrator]:

This CEASE AND DESIST ORDER is to inform you that your persistent actions including but not limited to [insert actions here (example: calling me in the middle of the night and hanging up, waiting outside my house, etc)] have become unbearable. You are ORDERED TO STOP such activities immediately as they are being done in violation of the law.

I have the right to remain free from these activities as they constitute [harassment/stalking/etc.], and I will pursue any legal remedies available to me against you if these activities continue. These remedies include but are not limited to: contacting law enforcement to obtain criminal sanctions against you, and suing you civilly for damages I have incurred as a result of your actions.

Again, you must IMMEDIATELY STOP [unwanted activities] and send me written confirmation that you will stop such activities. You risk incurring some very severe legal consequences if you fail to comply with this demand.

This letter acts as your final warning to discontinue this unwanted conduct before I pursue legal actions against you. At this time, I am not contacting the authorities or filing civil suit against you, as I hope we can resolve this matter without authoritative involvement. I am not under any circumstances, however, waiving any legal rights I have presently, or future legal remedies against you by sending you this letter. This order acts as ONE FINAL CHANCE for you to cease your illegal activities before I exercise my rights.