Cease and desist letter template

From:

[Your Name] [Address]

To:

[Perpetrator's name] [Address]

Date: [DD/MM/YY]

RE: Notice to cease and desist a specific activity Dear [Perpetrator's name],

This cease and desist letter is aimed to serve as a notice for you to stop your persistent actions towards me, that are related but not limited to:

1. [Harassment and unlawful activity 1]
2. [Harassment and unlawful activity 2]
3. [Harassment and unlawful activity 3]
4. [Harassment and unlawful activity 4]

Such unsavory conduct has become [unbearable/embarrassing/aggressive/threatening]. And it prevents me from enjoying my right to live a life free of harassment.

Your harassing actions have caused me considerable nuisance and losses in the form of:

1. [Loss 1]
2. [Loss 2]
3. [Loss 3]
4. [Loss 4]

Therefore, you are instructed to immediately stop such activities, as they are being performed in violation of the law. You are also required to send me a written confirmation that you will refrain from such activities by [Due date].

These measures are being suggested so that we can resolve this issue amicably without involving the authorities.

**If you do not comply, I will be forced to take appropriate legal action against you and seek out damages and remedies for the same**. If these activities continue, I will exercise my legal right to secure criminal sanctions against you from law enforcement authorities and sue you for the damages I have suffered owing to your actions.

Consider this letter a fair and final warning to stop your unwanted conduct and illegal activities towards me.

Sincerely,

[Your Name]