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Phone/Email: _____

RE: CEASE AND DESIST HARASSMENT

Dear _____,

This letter serves as documentation of a pattern of harassing activities that began on _____. This letter is notice to you that you must immediately cease and desist these harassing activities against and towards me, including, but not limited to, the following:

For examples, refer to the documents I have attached for your convenience.

Your actions are unwanted, unwelcome, and have become unbearable to me. Your actions also infringe upon my right to remain free from harassment. As a result of your harassment, I have suffered in the following ways:

- Physical harm or injury
- Substantial harm to my business

- Substantial harm to my professional reputation
- Substantial harm to my personal character
- Emotional distress
- Additional distress as follows:

I demand that you cease and desist from this activity immediately.

Sincerely,
