Cease and Disease Letter

**Full name and address of sender**

*Insert date here,*

**Recipient's full address,**

**RE: REQUEST TO CEASE AND DESIST FROM ILLEGAL ACTIVITY**

The recipient's full address,

This letter is intended to detail a series of offensive actions that began on \_\_\_\_\_\_\_\_\_. You are hereby requested to immediately cease and desist from all unlawful activity against me, including the following:

- The irregular activity of which you are a victim must be specifically detailed.

Please take into consideration the documentation that accompanied you as evidence.

The actions committed have become unbearable for me. In addition, they are rejected by me because they are unwanted. These have caused me the following damages:

* Injury or physical damage of any kind.
* Significant damage to my business.
* Damage to my work reputation.
* Damage to the correct development of my character.
* Distressing feelings.
* Certain detail of additional damage that the activity has generated.

For these reasons, I demand that you put an end to the illegal activity committed against me, before the date: (Place date in case you consider necessary). If the illegal actions committed against me do not cease, I will be obliged to initiate the corresponding legal actions against you, with the aim of obtaining the greatest compensation for the damages suffered.

Sincerely,

Full name of the sender.