

CEASEAND DESIST LETTER/RESTRAINING ORDER

(Your Name)

(Your Address)

(Your Address)

(Date)

Dear Mr/Ms./Company,

This CEASE AND DESIST ORDER is to inform you that your harassing and intimidating actions against me has become unbearable. Such anti-social behavior is completely unacceptable and will not be tolerated in any way, shape, or form. This letter is to demand that your harassment and intimidation must CEASE AND DESIST immediately. Should you continue to pursue these activities in violation of this CEASE-AND-DESIST ORDER, I will not hesitate to pursue further legal action against you, including, but not limited to, civil action and/or criminal complaints.

This section can be personalized to your own situation but be as specific as possible and delete this writing

- **Coming into my place of employment multiple times throughout my shift to accuse me of causing your business financial hardship on many occasions.**
- **Calling my phone to the point I had to change my number with accusatory allegations of theft from my prior employment of your store.**
- **Having law enforcement or anyone at all, at my place of employment, my personal home, or cell, call me to ask for information about email and passwords to the computer system at your place of business that other employees that are still employed by you have information of and nothing had changed prior to my leaving.**
- **Talking to and defaming my character to the bank personnel, which is also my mutually personal used bank, alleging I stole from your company.**

Please note that I have a right to remain free from your intimidating tactics, and I will take the responsibility upon myself to protect that right. Note that a copy of this letter and a record of its delivery will be stored. Note too that it is admissible as evidence in a court of law and will be used as such if need be in the future.

This CEASE AND DESIST ORDER demands that you immediately discontinue and do not at any point in the future under any circumstances do the following to me: speak to, contact, pursue, harass, attack, strike, bump into, brush up against, push, tap, grab, hold, threaten, telephone (via cellular or landline), instant message, page, fax, email, follow, stalk, shadow, disturb my peace, keep me under surveillance, gather information about and/or block my movements at home, work, social gatherings or religious functions.

Should you willfully choose to continue your current course of action, I will not hesitate to file a complaint with the Police Department for your ongoing violations of the Criminal Laws noted previously.

This letter does not constitute 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 compliance, and furthermore that you confirm in writing that all violative activity will cease immediately. You will find my address above and can mail a confirmation of compliance with only that response and that will be your last contact with me.

Very truly yours,

(Your Name)