TO

**[Receiver Name]**

**[Receiver Title]**

**ADDRESS: [Receiver Address]**

**EMAIL:** **[Email Address]**

**PHONE: [Home Phone]**

FROM

**[Sender Name]**

**[Sender Title]**

**Sub:** Break up

John,

When we met, I thought you were the most wonderful person in the world. I thought I had found the love of my life and that you would always treat me kindly and with love and respect. Sadly, that has not been the case at all.

No one deserves to go through what you’ve put me through. No one deserves to go through the fear and humiliation I faced.

Your abuse is out of line and I refuse to put up with it for another second of my life.

We are over for good. Please do not contact me in any way. I will not respond.

Jill