**CEASEAND DESIST LETTER/RESTRAINING ORDER**  
  
**(DATE)  
  
Dear Sir or Madam:**

**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, we will not hesitate to pursue further legal action against you, including, but not limited to, civil action and/or criminal complaints.  
  
[Insert specific harassment inicidents here. Be sure to include date and place of occurance]  
  
Please note that I have a right to remain free from your intimidating tactics, and we will take the responsibility upon ourselves 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.  
  
We demand your immediate compliance, and furthermore that you confirm in writing that all violative activity will cease immediately.**

**Very truly yours,  
  
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