

[Your Full Legal Name]
[Your Street Address]
[City, State ZIP Code]
[Your Phone Number]
[Your Email Address]

[Date]

SENT VIA CERTIFIED MAIL, RETURN RECEIPT REQUESTED

[Recipient Full Legal Name]
[Recipient Street Address]
[City, State ZIP Code]

RE: Cease and Desist Demand

Dear [Recipient Name]:

I am writing to formally demand that you immediately cease and desist the conduct described below. This letter serves as official notice that your actions are unlawful and/or harmful, and that I am prepared to pursue all available legal remedies if the conduct does not stop.

DESCRIPTION OF OBJECTIONABLE CONDUCT

[Describe the specific conduct you are demanding stop. Be factual and specific. Include dates, times, locations, and details of each incident. Attach supporting documentation if available. Examples:]

1. [Date]: [Description of specific incident or conduct]
2. [Date]: [Description of specific incident or conduct]
3. [Date]: [Description of specific incident or conduct]
4. [Add additional incidents as needed]

LEGAL BASIS

[Select and customize the applicable legal basis below. Delete the scenarios that do not apply to your situation.]

[If Harassment:]

Your conduct constitutes harassment under Minnesota Statutes section 609.748 (Harassment Restraining Orders) and/or section 609.749 (Harassment/Stalking). Harassment includes

repeated incidents of intrusive or unwanted acts, words, or gestures that have a substantial adverse effect on the safety, security, or privacy of another.

[If Defamation:]

Your statements constitute defamation under Minnesota law. See Minnesota Statutes section 609.765 (Criminal Defamation). You have published false statements of fact that have caused harm to my reputation. Note: The statute of limitations for defamation in Minnesota is two years (Minn. Stat. section 541.07).

[If Breach of Contract:]

Your conduct constitutes a breach of the agreement between us dated [date]. Specifically, you have violated the following provisions: [identify contract terms breached]. The statute of limitations for contract actions in Minnesota is six years (Minn. Stat. section 541.05).

[If Intellectual Property / Trademark Infringement:]

Your unauthorized use of [describe mark, work, or trade secret] constitutes infringement under Minnesota Statutes section 333.28 (Deceptive Trade Practices -- Trademarks) and/or the Minnesota Uniform Trade Secrets Act (Minn. Stat. section 325C.01 et seq.). The statute of limitations for trade secret misappropriation is six years (Minn. Stat. section 325C.06).

[If Consumer Fraud / Deceptive Trade Practices:]

Your conduct violates the Minnesota Consumer Fraud Act (Minn. Stat. section 325F.69) and/or the Minnesota Deceptive Trade Practices Act (Minn. Stat. section 325D.44). These statutes prohibit deception, fraud, false pretense, or misrepresentation in connection with the sale of merchandise or services.

[If Debt Collection Abuse:]

Your conduct violates the Minnesota Collection Practices Act (Minn. Stat. section 332.37), which prohibits harassment, oppression, abuse, threats, or deception in connection with the collection of a debt.

[If Trespass / Nuisance:]

Your conduct constitutes trespass under Minnesota Statutes section 609.605 and/or a private nuisance under Minn. Stat. section 561.01. You are not authorized to enter or remain on my property, and your continued presence or conduct interferes with my use and enjoyment of my property.

DEMANDS

I hereby demand that you take the following actions immediately:

1. Immediately cease and desist all [describe conduct] directed at me, my family, my property, and/or my business.
2. [If applicable: Remove all defamatory statements from [website/social media/publication] within [number] days.]
3. [If applicable: Return all property, documents, or materials belonging to me within [number] days.]
4. [If applicable: Cease all unauthorized use of [trademark/copyrighted work/trade secret] within [number] days.]
5. [Add any other specific corrective action required.]

DEADLINE FOR COMPLIANCE

You must comply with these demands within [10/15/30] days of your receipt of this letter -- that is, by [deadline date].

CONSEQUENCES OF NON-COMPLIANCE

If you fail to comply with these demands by the deadline stated above, I am prepared to pursue all available legal remedies, which may include but are not limited to:

1. Filing a civil lawsuit seeking damages, injunctive relief, and attorney fees.
2. [If harassment:] Petitioning for a Harassment Restraining Order under Minn. Stat. section 609.748.
3. [If consumer fraud:] Filing a complaint with the Minnesota Attorney General's Office.
4. [If applicable:] Seeking a temporary restraining order and/or preliminary injunction.
5. [If applicable:] Reporting the matter to the appropriate licensing board or regulatory authority.

IMPORTANT: This letter is not a court order, but it creates a written record that you have been given notice of my objection to your conduct and my demand that it stop. This record may be used as evidence in any future legal proceedings.

I urge you to take this matter seriously. Please govern yourself accordingly.

Sincerely,

[Your Full Legal Name]

Printed Name: _____

Date: _____

Enclosures:

[List any supporting documents attached, e.g., photographs, screenshots, copies of contracts, prior correspondence]

cc:

[If sending copies to others, e.g., attorney, landlord, employer]

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