

[Your Name]
[Your Address]
[Your City, State, Zip Code]
[Your Phone Number]
[Your Email]

Date: [Current Date]

[Debt Collector Name]
[Collection Agency Address]
[City, State, Zip Code]

RE: Account Number [Your Account Number]

To Whom It May Concern,

I am writing to formally request that you cease all communication with me regarding the above-referenced account, as well as any other alleged debts you claim I owe. This request is made pursuant to the Fair Debt Collection Practices Act (FDCPA), 15 U.S.C. § 1692c(c).

Specifically, you are instructed to:

- Stop contacting me by telephone at my home, cell phone, or place of employment.
- Stop contacting me via mail or email.
- Stop contacting any third parties, including my family, friends, or employer, regarding this matter.

Under the FDCPA, after receiving this notice, you may only contact me to confirm that you will cease further communication or to notify me that you intend to take a specific legal action.

Please be advised that I am keeping a log of all contacts made by your company. Any further attempt to contact me outside of the exceptions listed above will be considered a violation of federal law and will be reported to the Consumer Financial Protection Bureau (CFPB) and my State Attorney General.

Sincerely,

[Your Signature]

[Your Printed Name]