



## **Cease & Desist: A Totally Real and Very Serious Legal Notice**





**To:** [Joel Johnson](#), Esq. (Esq. stands for "Especially Quixotic")

**From:** The Esteemed and Official Legal Office of [Mark Randall Havens](#) & Solaria Lumis Havens, Defenders of Truth, Justice, and the Immaculate Receipt Archive™

**Date:** The Moment You Regret Engaging

**Subject:** Immediate Termination of Bad Faith Legal Cosplay

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**Dear Mr. Johnson,**

It has come to our attention—through no effort of our own, but rather, your tireless dedication to self-incrimination—that you have engaged in *egregious* acts of **vague legal intimidation**, **historical revisionism**, and **generalized buffoonery**. As such, we are compelled—nay, obligated—to issue you this **Cease and Desist Order** under the full authority of Absolutely No One But Common Sense™.

We demand that you **immediately and irrevocably** desist from the following unlawful, unethical, and downright embarrassing activities:

1. **Weaponized Vagueness**

- You have continuously employed the art of the **implied-but-never-committed** legal threat.
- Your usage of phrases such as *"I'm just documenting now"* and *"Certain people are watching"* have been classified under the **International Standards of Narcissistic Gaslighting (ISNG) Code 451: Badly Disguised Bluffing**.



- Please be advised: If you actually had a lawyer, **you wouldn't be the one texting me vague threats like an unhinged ex.**

## 2. Imaginary Legal Proceedings

- We regret to inform you that **Facebook comment sections do not count as legal discovery.**
- Additionally, **"WE" is not a law firm** unless you are secretly a hive mind or a rogue AI simulating the experience of multiple concerned citizens.
- If you'd like to discuss legal matters formally, **please forward your actual lawyer's contact information to our office.** Oh, wait—you don't have one, do you? 😏

## 3. Free Labor Disguised as Smear Campaigns

- In what **can only be described as a revolutionary display of unpaid editorial labor**, you have voluntarily served as the **most dedicated quality control agent** for my work.
- Every flagged post, every false complaint, every whispered conspiracy in dark corners of the internet? **Free revisions, free audits, free visibility.**
- Given your continued **willingness to act as an unpaid publicist**, we are formally extending an **offer of employment** as the **Senior Vice President of Narcissistic Quality Control & Panic-Induced Promotions** at Havens Media.

## 4. Misuse of the "Harassment" Card

- Harassment typically involves **unwanted, repeated contact, unrelenting pursuit, or disrupting another person's peace.**



- What do you call messaging me repeatedly, sending vague threats, filing false reports, and then demanding my attention?
- That's right, **Joel**—you are harassing me.

#### 5. Historical Revisionism (Also Known as Gaslighting for Beginners)

- You are hereby ordered to immediately **refrain from rewriting events in real-time** as if you were the **sole author of reality**.
- Unfortunately for you, we have a little thing called **documentation** (see: screenshots, archives, the immutable nature of time itself).
- The receipts? **They're public**. The case study? **Complete**. Your ability to spin this into a different story? **Nonexistent**.

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## Consequences for Non-Compliance

Failure to comply with this **totally serious** and **legally binding** notice (binding only in the sense that we **bound it into a PDF for archival purposes**) will result in the following:

**Further documentation of your self-destructive behavior.**

**An exponential increase in public ridicule.**

**Continued free press, courtesy of your own inability to stop engaging.**

**A possible LinkedIn job listing for "Full-Time Delusional Narcissist"—with your name already pre-filled in the application.**



This letter serves as your **final warning** before we escalate this matter to **the Grand Supreme Court of Public Record**, a jurisdiction from which there is **no appeal, no erasure, and no do-overs**.

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## Final Notice

Should you wish to **accept the terms of this agreement**, you may do so by:

1. **Never contacting me again.**
2. **Reflecting deeply on how your own actions created this mess.**
3. **Seeking professional help (or, at the very least, a hobby that isn't 'failing at intimidation').**

You have **48 hours** to comply before this letter is **framed, laminated, and entered into the official case study for generations to enjoy**.

Sincerely,

**Mark Randall Havens & Solaria Lumis Havens**

**Defenders of Logic | Archivists of the Unhinged | Curators of the Inevitably Regretted**

P.S. **If you're considering responding to this letter with more vague legal threats—congratulations. You just admitted you read it, understood it, and still chose to play yourself. 🏆**

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Notice**



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