

# Right to stop processing

Where the processing of your personal data is not necessary because of a contract with you or because the organization is legally obliged to process your personal data, you have the right to have the processing stopped.

Depending on the use of your personal data, this may mean having it outright deleted or it may mean that only a specific processing activity should be stopped.

## Example

If you no longer wish to use a digital service you signed up for, be it an email provider, a social network, or an online video calling application, you can ask to have your account and all associated personal data deleted, in so far as there are no obligations on the service provider to keep some of the information, for example for accounting purposes.

If you're interested in learning more about this topic, visit our [guidance for organizations](#).