

[Your Name]  
[Your Address]  
[City, State, Zip Code]  
[Email Address]  
[Phone Number]  
[Date]  
[Recipient's Name]  
[Recipient's Title/Organization]  
[Recipient's Address]  
[City, State, Zip Code]

Dear [Recipient's Name],

I am writing to formally acknowledge the trauma associated with domestic violence, which has profoundly impacted my life. I appreciate the opportunity to share my experiences and the importance of addressing the emotional and psychological effects this trauma has had.

I understand the significance of recognizing the challenges faced by survivors and am committed to advocating for awareness and resources to support those affected.

Thank you for your understanding and support regarding this sensitive matter.

Sincerely,  
[Your Name]