

****Letter Template for Estranged Family****

[Your Name]

[Your Address]

[City, State, Zip Code]

[Email Address]

[Date]

[Recipient's Name]

[Recipient's Address]

[City, State, Zip Code]

Dear [Recipient's Name],

I hope this letter finds you well. It's been a long time since we've been in touch, and I have spent a lot of time reflecting on our relationship and the emotions that have separated us.

I want to start by acknowledging the pain and hurt that has impacted our family. I understand that things have been difficult, and emotions have run high. I have felt sadness and regret about our distance and miss the connection we once shared.

I want to express my feelings honestly. [Share your feelings here, e.g., "I feel lonely and wish we could communicate more."] I often think about the memories we've created together and how much they mean to me.

If you are open to it, I would love the opportunity to reconnect and talk about our differences. I believe that understanding each other's perspectives could be a step toward healing. [You can mention any specific instances or thoughts you have.]

Thank you for taking the time to read this letter. Whatever your feelings may be, I respect them and hope we can find a way to move forward.

With warmth,

[Your Name]