

[Your Name]  
[Your Address]  
[City, State, Zip Code]  
[Email Address]  
[Date]

[Family Member's Name]  
[Their Address]  
[City, State, Zip Code]

Dear [Family Member's Name],

I hope this letter finds you well. I want to take a moment to talk about something that has been on my mind and heart. I value our relationship and want to ensure that we maintain a healthy and positive connection moving forward.

Recently, I have felt the need to establish some boundaries that I believe will benefit both of us. It's important for me that we understand each other's limits and needs. I believe that setting these boundaries will help us communicate more effectively and respect each other's space. [Briefly explain specific boundaries you want to set, e.g., limiting phone calls to certain times, avoiding certain topics of conversation, etc.]

I hope you can understand where I am coming from, and I appreciate your willingness to respect these boundaries. I truly believe that creating this space will enhance our relationship and allow us to connect in a more meaningful way.

Thank you for taking the time to read this letter. I am looking forward to discussing this further and working together to ensure a positive relationship.

Warm regards,  
[Your Name]