

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

Dear [Recipient's Name],

I hope this letter finds you well. I am writing to discuss my experience with kleptomania, a disorder that has significantly impacted my life. Over the years, I have struggled with an uncontrollable urge to steal, often taking items that I do not need or cannot afford. Despite my understanding of the consequences, I find myself acting on these impulses, which has led to feelings of guilt, shame, and anxiety. In seeking help, I have begun therapy sessions focused on coping mechanisms and understanding the underlying causes of my behavior. I am committed to overcoming this disorder and would greatly appreciate any resources or support you could provide.

Thank you for your understanding and consideration.

Sincerely,  
[Your Name]