

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

Dear [Recipient's Name],

I am writing to provide an explanation regarding my struggles with kleptomania, a condition that has significantly impacted my life and behaviors. I understand that my actions may have caused concern and confusion, and I sincerely apologize for any distress this may have caused.

Kleptomania is classified as an impulse control disorder characterized by a recurrent urge to steal items that are not needed for personal use or monetary value. Despite my best efforts, I have found it challenging to resist these impulses. I want to assure you that my actions were not a reflection of my character or my respect for others but rather a manifestation of a mental health issue I have been working to manage. In light of my condition, I am actively seeking professional help, including therapy and support groups. My goal is to better understand my behavior and develop healthier coping mechanisms. I am committed to making positive changes in my life and am taking the necessary steps to do so.

Thank you for your understanding and consideration of my situation. I appreciate the opportunity to clarify my actions, and I welcome any further discussions.

Sincerely,
[Your Name]