

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

Dear [Recipient's Name],

I am writing to seek support and guidance regarding my struggles with kleptomania. I have been experiencing persistent urges to steal items, which has led to significant emotional distress and repercussions in my life.

I understand that this behavior is not just a theft issue but rooted in psychological challenges that I wish to address through therapy. I am looking for a professional who can help me explore the underlying causes of my compulsion, develop coping strategies, and work towards healthier behaviors.

I would appreciate any information on availability for an initial consultation and your approach to therapy for kleptomania.

Thank you for your time and I look forward to your response.

Sincerely,  
[Your Name]