

[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. I am writing to share something deeply personal that has been affecting my life and relationships. I want to talk about my experience with Post-Traumatic Stress Disorder (PTSD) and how it influences my day-to-day living.

[Insert personal story or explanation of how PTSD affects you, including specific triggers or symptoms you experience.]

I want you to understand that my reactions are not a reflection of my feelings towards you or our relationship, but rather a response to past experiences that I am working to process and heal from.

[Optional: Mention any strategies or treatments you are pursuing to cope with PTSD, such as therapy or support groups.]

Your understanding and patience would mean a lot to me as I navigate this journey. Thank you for listening, and I appreciate your support.

Warmly,

[Your Name]