

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

Dear [Recipient Name],

I hope this letter finds you well. I am writing to share my journey of recovery from PTSD and express my gratitude for the support I have received along the way.

Throughout my recovery process, I have encountered numerous challenges, but I have also experienced significant growth and healing. [Briefly mention specific experiences, therapies, or support systems that have helped you.]

As I continue to navigate this path, I am committed to [describe your goals or steps you are taking as part of your recovery]. I believe that sharing my story may help others who are also struggling with PTSD, and I am hopeful for a future filled with peace and resilience.

Thank you for taking the time to read my letter.

Sincerely,

[Your Name]