

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

Dear [Family Member's Name],

I hope this letter finds you well. I want to take a moment to express my feelings and the thoughts that have led me to this decision.

I've been feeling [describe your emotions: confused, overwhelmed, etc.] and I believe that leaving home is the best choice for me right now. I need to find my own path and discover who I am away from my current environment.

Please understand that this isn't a reflection of my love for you or our family. I care deeply about you all, but I need to seek independence and explore new experiences.

I would appreciate your understanding of my feelings and the journey I am about to undertake. I hope that in time, you can support my decision and recognize that this is what I need at this moment in my life.

I promise to keep in touch and share my experiences with you. Thank you for the love and memories we have shared.

With love,
[Your Name]