

[Your Name]

[Your Address]

[City, State, Zip Code]

[Date]

Dear [Family Member's Name],

I hope this letter finds you well. I want to start by saying that I love you and care about our family deeply. However, I've been feeling overwhelmed and trapped in my current situation, and I've made the difficult decision to leave for a while.

I need to find myself and discover who I really am, away from the pressures and expectations that I feel at home. This isn't an easy choice, and it's not made out of anger or resentment. I just need some space to think and to grow.

Please understand that this is not permanent, and I hope to reach out and stay in touch as I journey through this. I promise to take care of myself and to stay safe.

I hope that one day you can understand my reasons and that we can talk about this openly. Thank you for all the love and support you've given me--it's meant more than you know.

With all my love,

[Your Name]