

[Date]

Dear Mom and Dad,

I hope this letter finds you well. I want you to know that this is a difficult decision for me, and I've taken my time to think about it.

Lately, I've been feeling overwhelmed and lost. I feel like our communications haven't been as open as they could be, and I've struggled to express my feelings. I need to find my own way and figure out who I am without the pressure of everyday life at home.

This is not a reflection of my love for you both. I appreciate everything you've done for me, but I need to undertake this journey alone. I ask that you respect my decision and understand that I need this time to grow and find my path.

Please don't worry too much. I promise to take care of myself and stay safe. I will try my best to keep in touch and let you know how I'm doing. Thank you for understanding. I hope that one day we can talk about this openly.

With love,

[Your Name]