

Dear [Name],

I want to take a moment to be clear and honest about where I am right now. Some of our recent interactions have felt overwhelming and have crossed personal boundaries for me, even if that was not your intention. Because of that, I need to create some space so things can settle and feel healthier again.

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For the time being, I am stepping back from direct communication. This is not meant to punish or shame you. It is simply what I need in order to feel safe, healthy, and grounded. I ask that you respect this space and not try to work around it through indirect contact or continued messages.

If, at some point in the future, we consider reconnecting, it would need to be with clearer boundaries, calmer communication, and mutual respect for limits. Right now, the most helpful thing is time, space, and reflection.

I hope you can understand this decision and allow it to stand as it is. Thank you for respecting my boundaries and giving this space the care it needs.

Sincerely,

[Your Name]