

*Dear [Parent's Name],*

I love you, and I value the relationship we share. At the same time, I'm recognizing the importance of creating space for my emotional wellbeing. This isn't about blame or rejection—it's about my need for clarity, healing, and personal growth.

For now, I'll be limiting our conversations to [specific terms—e.g., once a week, text only, etc.], and I ask that you respect this boundary as I work through what I need. I hope this space can serve as a bridge—not a wall—and that we'll meet again with deeper understanding.

With care,

[Your Name]