

*Dear [Sibling's Name],*

I want to be honest about something that's been weighing on me. There are moments when I feel [unseen/disrespected/overwhelmed] when certain boundaries aren't honored—especially around [insert situation, e.g., my parenting decisions, my time, my privacy].

This relationship matters to me, which is why I'm choosing to speak up. I need us to agree on some mutual respect when it comes to [specific request]. I'm open to hearing your side, but I also need to feel heard.

With love,

[Your Name]