

Date: [Insert Date]

Dear [Name of Adult Child or Family Member],

I am writing this letter because I have been doing some reflecting lately, and I wanted to reach out to you directly to share what has been on my mind. Sometimes it is easier to put thoughts into words when we have the space to process them.

First, I want you to know how much I value our relationship. As life changes and we all get busier, I realize that our dynamic is evolving, and I want to make sure we are maintaining a connection that feels positive and supportive for both of us.

[Optional: Insert a specific topic here, such as a desire to catch up more often, an apology for a recent misunderstanding, or an update on your own life.]

My goal is for us to have open and honest communication. I want to hear about your life, your goals, and even your challenges, but I also want to respect your boundaries and your independence as an adult. Please let me know if there are ways I can be a better listener or a better support system for you.

I would love to set aside some time soon for us to talk, whether it's over the phone, a video call, or in person. There is no pressure or rush, but I look forward to connecting whenever you are ready.

I love you very much and I am proud of the person you are.

With love,

[Your Name]