

Dear [Family Member's Name],

I hope this letter finds you well. I wanted to take a moment to express my heartfelt appreciation for the strength and unity our family has shown during my recovery journey.

Your unwavering support, love, and encouragement have meant the world to me. Whether it was through comforting words, helping with daily tasks, or simply being there to listen, each act of kindness has played a crucial role in my healing process.

It is during challenging times like these that I truly recognize the importance of family. Your strength has empowered me to stay positive and focused on my recovery.

Thank you for being my rock. I am endlessly grateful to have such a wonderful family by my side.

With all my love,
[Your Name]