

Dear [Family Member's Name],

I hope this letter finds you in good spirits. I want to take a moment to share something that has been weighing on my heart. I've noticed that you have been struggling recently, and it seems that addiction might be playing a role in your life.

As your [relation, e.g., brother, sister, parent], I care deeply about your well-being. It pains me to see you struggle, and I want you to know that you are not alone. I am here for you and willing to support you in any way you might need.

Please understand that my intention is not to judge or criticize you; I only want what is best for you. I encourage you to seek help, whether it's talking to a professional, joining a support group, or simply having an open conversation with me. Your health and happiness are my top priorities.

Take all the time you need to think this over. I trust that you will make the best decision for yourself. Remember, I am here whenever you need to talk or if you need any assistance.

With all my love,

[Your Name]