

*Dear Loved One,*

*I am writing to you with a message of apology and explanation for behavior I sincerely regret. The good news is that this is also a message of hope. Hope that I can get better, hope that I can change, and hope for you to have a more stable and balanced person in your life--soon.*

*I think you know that I have never been comfortable with my mood swings, erratic behavior, my sadness, and occasional outbursts of crying, anger, and remorse. I know that when I am suffering, it causes suffering for all those around me. I have, up to this point, felt powerless over these feelings that simply dominate my actions when I least expect or want them to.*

*Recently, I decided to do my best to search for answers and help. I found a new book, *Female brain Gone Insane*, by a medical professional who has extensive experience treating women who have these very issues. She has helped thousands of women like me. I have read the book carefully and decided to follow the advice and instructions for getting well.*

*Now, I understand that my brain chemistry is in serious need of renewal and repair. By following the program in the book, I believe I can bring my brain chemistry back to where it should be, which will eliminate my negative behavior. To get well, I must rebalance my hormonal system which is compromised and depleted by stress. It will take some time and experimentation, but I expect that we will both see a steady improvement from this point on.*

*I am now on the right track to recovery and hope you will join and support me as I follow the steps to health and wellness. I would like to discuss the book and share my Emotional Rescue Plan with you. I really need your help with all of this. I need you to believe, as I do, that this book will lead me back to the happy and functional woman you love. I hope you can embrace this new and exciting plan with me. Let's celebrate the hope of a new me with a big hug. I would love that.*

*With love,*