

**Dear [Friend's Name],**

I hope this message finds you well. I wanted to take a moment to express my heartfelt gratitude for the safe space you provided during our recent conversations.

Your understanding and support have made a significant difference in my life. Knowing that I can share my thoughts and feelings without judgment has truly helped me navigate through tough times.

Thank you for being such a wonderful friend. Your kindness and empathy mean the world to me.

With all my appreciation,

[Your Name]