

Dear [Name],

I want to take a moment to acknowledge the challenges you have been facing on your journey to recovery. It's completely understandable to feel overwhelmed at times, but remember that every step you take, no matter how small, is a step towards healing.

Think of the strength you have already shown. The fact that you continue to push forward despite the obstacles is a testament to your resilience and courage. You possess an inner strength that can carry you through these tough times.

Whenever you feel like giving up, I encourage you to pause and reflect on how far you've come. Each setback is a setup for a comeback. You are not alone in this journey; I am here to support you every step of the way.

Remember, it's okay to seek help and lean on those around you. Embrace the journey, trust the process, and believe in your ability to overcome these challenges. You are stronger than you think.

With all my support and love,

[Your Name]