

Dear [Friend's Name],

I hope this message finds you well. I've been thinking about you lately and wanted to reach out. It's been a while since we last connected, and I miss our chats.

Life has been a bit overwhelming for me recently, and I could really use a friend to talk to. I remember how supportive you've always been, and I value your advice and perspective. If you have some time, I'd love to catch up over coffee or a call.

Thank you for being such an incredible friend. I look forward to hearing from you soon!

Warm regards,

[Your Name]