Dear [Friend's Name],

I hope this message finds you well. I wanted to reach out because I find myself in a bit of a dilemma and could really use your advice.

[Briefly explain your personal problem, making sure to provide enough context for your friend to understand the situation.]

I value your perspective and would appreciate any thoughts or suggestions you might have on how to approach this issue. Your insights have always been helpful to me in the past.

Thank you for taking the time to read this. I look forward to hearing from you soon.

Warm regards,

[Your Name]