

Dear [Friend's Name],

I hope this letter finds you well. I've been meaning to share something that's been weighing on my mind lately, and I trust you as a close friend who will understand.

As you know, I've been going through a tough time with [briefly describe your struggle, e.g., "my job situation," "my mental health," etc.]. It's been quite challenging, and I often feel overwhelmed and lost.

I've tried to cope with it by [include any personal coping strategies, e.g., "talking to other friends," "staying busy with work," etc.], but it still feels like a heavy burden to carry alone. I really value our friendship and thought that sharing this with you might help lighten the load.

Thank you for listening. I appreciate any support or advice you might have, and just knowing you're there makes a difference.

Take care,

[Your Name]