

Dear [Friend's Name],

I hope this letter finds you well. I wanted to take a moment to share something personal with you that has been weighing on my mind. Lately, I have been facing some challenges that have made it difficult for me to fully engage in our usual activities.

As you know, I have always valued our time together and the support we offer each other. However, I am currently dealing with [briefly explain the obstacle, e.g., "some personal issues at work," "a family matter," or "a health concern"] which has taken a toll on my emotional well-being.

I wanted to open up about this because I trust you and know you will understand. It's been hard for me to keep up with plans and be as present as I would like to be. I truly appreciate your patience and support during this time.

Thank you for being such a wonderful friend. I hope to get through this soon and connect with you more regularly. Let's catch up when I am feeling more like myself.

Take care, and I look forward to hearing from you.

Sincerely,
[Your Name]