

Dear [Friend's Name],

I hope this message finds you well. I've been meaning to write to you for a while now, and I finally gathered the courage to do so. There's something weighing heavily on my heart that I feel I need to share with you.

Recently, I've been going through a tough time. [Describe the hardship briefly, e.g., "I lost my job," or "I've been feeling overwhelmed with stress."] It has been challenging for me, and I often find myself feeling lost and unsure of what to do next.

I value our friendship, and so I wanted to open up to you. I know I can trust you, and sometimes it helps to talk about what's troubling us. I'd appreciate any support or advice you might have, or even just a listening ear.

Thank you for always being there for me. It means a lot to know I have you in my corner. Let's catch up soon; I'd love to hear how you've been as well.

Take care,

[Your Name]