

Dear [Friend's Name],

I just wanted to take a moment to reach out to you during this incredibly difficult time. I cannot imagine the depth of what you're feeling, but I want you to know that you are not alone. Grief can feel overwhelming, and it's okay to experience a whole range of emotions.

Remember, it's perfectly normal to have good days and bad days. Allow yourself to feel and express whatever comes to you. Take each day as it comes, and don't rush the healing process. You have been such a strong person throughout your life, and I truly believe you have the strength to navigate through this too.

Whenever you're ready, I'm here to listen. Whether you want to talk about your feelings, share memories, or simply need someone to sit quietly beside you, please don't hesitate to reach out. You matter so much to me, and your feelings are valid.

Please take care of yourself and know that I'm holding you close in my thoughts and prayers.

With all my love and support,

[Your Name]