

Dear [Friend's Name],

I hope this letter finds you well. I've been meaning to reach out to you because there are some things weighing heavily on my heart that I'd like to share.

Over the past few weeks, I've been feeling overwhelmed by [specific burden or situation]. It's been difficult for me to navigate, and I find myself struggling with [feelings or consequences of the burden]. I trust you deeply, and I believe that sharing this with you might help lighten the load.

Your support has always meant a lot to me, and just knowing that you're there to listen would make a huge difference. I don't want to burden you, but I also don't want to carry this alone anymore.

If you have some time, I would appreciate the opportunity to talk. Thank you for being such a wonderful friend.

With gratitude,

[Your Name]