

Dear [Friend's Name],

I just wanted to take a moment to reach out to you during this difficult time. I know you're facing some hard decisions right now, and I want you to know that you're not alone. It's completely normal to feel overwhelmed; these choices can be challenging.

Remember to take a step back and breathe. Sometimes, it helps to talk things through or even just to share how you're feeling. I'm here for you, ready to listen whenever you need to chat.

Trust in your instincts, and give yourself permission to take your time. Whatever you decide, I believe in you and your ability to navigate this situation. You are strong, and I admire your courage in facing these challenges head-on.

Sending you all my love and support,

[Your Name]