

Dear [Friend's Name],

I hope this letter finds you in a moment of peace. I wanted to take some time to reach out and let you know that I've been thinking about you lately. I understand that you're facing some tough choices, and I can't imagine how overwhelming that must feel.

Please know that it's completely normal to feel uncertain and even lost at times. Life can be incredibly confusing, and making decisions can often feel like a heavy burden. I want you to remember that you are not alone in this. I'm here for you, ready to listen if you feel like sharing what you're going through.

It's important to take your time with these decisions. Reflecting on what truly matters to you can help guide you through this process. Remember that whatever path you choose, it doesn't define your worth or who you are as a person.

If you'd like, we can talk it out over coffee or take a walk together. Sometimes a change of scenery can help clear the mind. Just know that I'm here for you without any judgment, and I'll support you no matter what you decide.

Take care of yourself, and remember to be gentle with your heart during this time.

With love and understanding,

[Your Name]