Dear [Friend's Name],

I hope this message finds you in good spirits, despite the challenges you're currently facing. I want you to know that I'm here for you, and you are not alone in this situation.

It's completely understandable to feel overwhelmed when making tough decisions, and I admire your strength and courage in navigating through this dilemma. Remember, it's okay to take your time and reflect on your options. You have a support system that cares deeply for you, and I'm just a call or message away.

If you need someone to talk to or if you'd like me to help you think things through, please don't hesitate to reach out. We can brainstorm together or simply take some time to unwind - whatever you need.

You are in my thoughts, and I believe in your ability to find the path that feels right for you. Take care of yourself, and let's catch up soon.

With all my support,

[Your Name]