

Dear [Friend's Name],

I hope this letter finds you in a moment of solace. I want you to know that it's okay to feel sad sometimes. Life can throw unexpected challenges our way, but you are stronger than you realize.

Remember all those adventures we had as kids? We laughed, we played, and we always found a way to enjoy ourselves, no matter what. I believe in your ability to push through this tough time and find your joy again.

You're not alone in this - I'm here for you. If you ever want to talk, reminisce, or just sit in silence, I'm just a phone call away. Let's plan a day to hang out, just like old times. You can lean on me, and together we'll face whatever comes next.

Take your time to heal, and remember: the sun will shine again. You are loved and cherished, and I have faith in your resilience.

With all my support,

[Your Name]