

Dear [Recipient's Name],

I hope this message finds you well. I am writing to express my heartfelt gratitude for the emotional support you have provided me during [specific time or situation]. Your presence and understanding have made a significant difference in my life.

Your ability to listen without judgment and offer comfort has been invaluable. I truly appreciate the time you spent [mention any specific instances or actions], which helped me feel less alone in my struggles.

Thank you once again for being such a wonderful source of support. I am truly grateful for your kindness and compassion.

Warm regards,

[Your Name]