Letter Requesting Support

Date: .

Dear ,

I want to let you know that I am making some changes in my life, and I would really appreciate your support during this.

Below are ways in which you could help support me through these changes:

Be there to talk when I need it

Reflect on what I say to you

Don’t judge me

Be gentle and comforting

Let me sort things out on my own and don’t pry

Give me some time away from everyday responsibilities

Allow me to sleep more

Check in to see if I’m okay

Send me cards of encouragement

Flowers would be welcomed

My favorite candy is: .

Set up time to visit me

or

Just show up

:

:

Thank you,

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