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

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Thank you,

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