

Casual Supportive Message

Hey [Name],

I heard about what you're going through, and I just wanted to check in on you. I know this must be an incredibly tough time, and my heart goes out to you.

Breakups and divorces are never easy, even when they're the right decision. It's completely normal to feel a whole mix of emotions right now – sadness, anger, relief, fear about the future. Give yourself permission to feel whatever comes up.

I want you to know that this doesn't define you or your worth. You're an amazing person with so much to offer, and while it might not feel like it right now, there are brighter days ahead. This is a chance for a fresh start and to rediscover who you are outside of this relationship.

I'm here if you need someone to talk to, vent to, or just sit in comfortable silence with. We could grab coffee, go for a walk, or I could bring over some ice cream and terrible movies – whatever feels right.

You're stronger than you know, and you're going to get through this.

Lots of love,

[Your name]

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