

[Your Name]  
[Your Address]  
[City, State, ZIP Code]  
[Email Address]  
[Date]

[Recipient's Name]  
[Recipient's Address (if applicable)]  
[City, State, ZIP Code (if applicable)]

Dear [Recipient's Name],

I hope this letter finds you in a moment of peace. I want to take a moment to acknowledge the incredible strength you possess and the journey you are on. Your courage in facing and overcoming the hardships you have encountered is truly inspiring.

You are not defined by your past, but rather by your resilience and the steps you are taking toward healing and empowerment. It's important to remember that you are not alone; there are many who stand with you, ready to support you as you navigate this path.

Please take the time to honor your feelings and allow yourself to lean on those who care about you. Healing is not a linear journey, and it's perfectly okay to ask for help when you need it.

You are worthy of love, respect, and safety, and I believe in your ability to reclaim your life. Everyone deserves a second chance, and I am rooting for you every step of the way.

If you ever want to talk, share your thoughts, or just have someone to listen, please don't hesitate to reach out.

With heartfelt support,

[Your Name]  
[Your Contact Information]