

Subject: Taking a Step Back

Hey [Name],

I hope you're doing well. I wanted to reach out and share something that's been on my mind. I've realized that I need to take a break from social media and focus on some personal things in my life.

It's not about you; it's just where I'm at right now. I've enjoyed our interactions, but I hope you understand my need for some space.

Wishing you all the best!

Take care,

[Your Name]