

Letter Requesting Support

Date _____

Dear _____

I want to let you know that I am beginning to do some changes in my life. I would benefit from your support during this time.

Below are ways in which you could help support me through the changes that I am wanting to make.

- Be available to talk with me when I need to talk.
- Reflect what you hear me saying.
- Do not judge me.
- Be gentle and comforting with me.
- Leave me alone to sort things out (don't intrude or pry).
- Give me extra time away from my normal responsibilities.
- Allow me to take more naps.
- Check in with me to see how I'm doing.
- Send me cards of encouragement.
- Flowers would be welcomed.
- My favorite candy bar is _____.
- Set up time to visit with me or just show up (choose one).
- Take me out for _____ (dinner, a drink, a walk, etc.)
- Bring over a casserole dish!

Thank you,
