



6 PERFECT SYMPATHY MESSAGES

I know this must feel impossible for you right now and how none of my words will change anything. But I still wanted to reach out and let you know you're being thought of as you go through these difficult days.

I'm heartbroken for you. You didn't deserve this and it isn't fair. I know I can't take your pain away but I can give you all my love and support. You don't have to be strong around me. It's ok if you're not ok.

Oh, my friend, this sounds so hard. I'm here if you want to talk or even if you don't want to. I wish so badly you weren't going through this. Just know, you don't have to walk this hard road alone. I'm here for you.

My heart hurts for what you're going through. I know it's hard to see the world keep going on when yours has changed so much. I know everything is different now and you feel so lost. I know this hurts. I'm so sorry.

I can never begin to understand what you're going through. I have no idea what to say or how you feel. I know I can't make this better, but I wanted to reach out with my love and support in these hard, hard days.

This must feel so unfathomable right now. Be tender with yourself. Go at your own pace. There's no time limit or rules for getting through this. One breath at a time is enough for now. I love you.

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