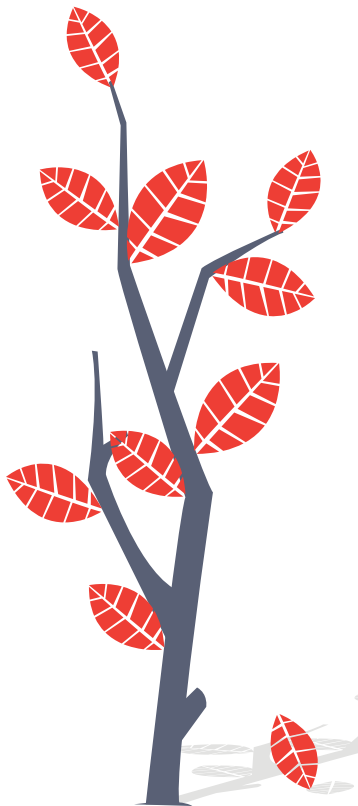


I LOVE YOU.

i know times are challenging for you right now, and since you are my friend, and i love you, i want to do something to give you support.

but i want it to be something that would really help you, and not just make me feel less helpless as i watch my friend go through hard things.

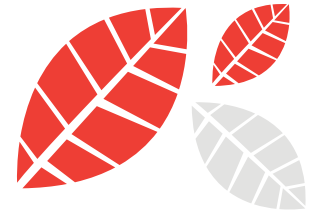
tell me what would be truly helpful, and i will be there.



- bringing dinner would be great.
- dinner is one area we're covered.
- food would be great, but only if it meets these specific dietary requirements.

- providing childcare would be a nice break.
- my child really just needs to stay with me.
- my last priority is a clean house. i would totally let you tackle that for me.
- are you kidding? i'm not letting anyone see the state of my house.
- all of my clothes live in one pile. i would let you find them a home.
- if somebody folded my towels wrong it just might be my last straw.
- flowers are beautiful and so thoughtful.
- flowers are only great in theory and then i have to clean out a moldy vase.
- chocolate makes everything better.
- i don't need cavities on top of everything else.
- a care package on my doorstep shows me that i'm thought of.
- i want to talk to someone about anything else. let's chat about something fun.
- i want company without the pressure to be entertaining. just come sit with me.
- i need people to keep a little distance and let me take the lead.
- i need someone who is unafraid to let me be angry, and sad, and depressed, and whatever else i'm feeling. help me process what i'm going through.
- i need a distraction. take me to _____.

• this is what i need more than anything:



I LOVE YOU. I BELIEVE IN YOU.
AND I WILL BE THERE FOR YOU.

my name is _____

you can reach me at _____

phone

email

and i like: • texts • calls • emails

..... cut apart on this line. send the answer side back to me and keep the side that has my information handy.