

Dear \_\_\_\_\_,  
(name of teen)

It's me, your caring \_\_\_\_\_. I'm not always very good at \_\_\_\_\_, but  
(relationship to teen) (listening/being patient, etc)

I want you to know that I \_\_\_\_\_ you and I want to \_\_\_\_\_.  
(love/care/believe in) (see you succeed/see you happy)

I may not always show it, but I think that you are \_\_\_\_\_ and I'm proud to be  
(awesome/attractive/wonderful)

your \_\_\_\_\_. I'm sorry I can be \_\_\_\_\_ sometimes.  
(relationship to teen) (stupid/impatient/angry)

I've \_\_\_\_\_ some things I \_\_\_\_\_. I know you're \_\_\_\_\_,  
(said/done/etc) (regret/feel bad for/etc) (mad/upset/confused)

but I'm still your \_\_\_\_\_ and I \_\_\_\_\_ you.  
(relationship to teen) (love/care/believe in)

**I never want you to lose sight of that fact.**

I'm really hoping we can talk about \_\_\_\_\_. I wish I had all the  
(thing you'd like to discuss)

answers for you or at least had the perfect words to say, but I don't. Still, I've found it helps to

\_\_\_\_\_.  
(talk about it/ vent / get it out in the open)

Please talk to me. Or, if you want, write me a note and leave it \_\_\_\_\_, and I'll  
(on my desk/ downstairs /in the family treasure chest)

write back to you. There's no shame in writing notes, or even using a fill-in-the- blank template to help you write one :) I would know. Anyway, I'm here for you. Thanks for reading this.

I can't wait to hear from you.

Love,

\_\_\_\_\_  
(relationship to teen)