

Hey [Friend's Name],

I hope you're doing well! I just wanted to write to you and let you know about how things have been on my end lately. Honestly, I wish I had better news, but I got my exam results back and, well... they were pretty disappointing. I was really hoping for a better outcome, but I guess things just didn't go as planned this time.

I think the hardest part is that I did put in a lot of effort, but maybe my approach wasn't the best, or maybe I just got too nervous during the actual exams. Either way, it's a bit of a letdown. I remember all those late-night study sessions and endless cups of coffee-sometimes it feels like it was all for nothing.

But you know me, I can't stay down for too long. I'm trying to look at this as a lesson, even though it's tough right now. Maybe it's a sign that I need to change up my study habits or ask for a bit more help the next time around. I really want to do better and make myself proud (and maybe prove a few people wrong!).

Still, it feels weird to share this because I know you've always cheered me on, and I didn't want to disappoint you too. But I knew you'd understand, and honestly, I just needed to vent to someone who gets it. If you have any advice or just want to rant about school stress together, I'm totally up for that!

Let's catch up soon, either for a call or maybe grab some snacks and just hang out. Talking to you always makes me feel better.

Thanks for being there, and don't forget — we'll both get through all this crazy exam stuff together!

Take care,  
[Your Name]