Hey [Lover's Name],

I hope you're doing well. I find myself in a rather uncomfortable position, and it's taken a lot of courage for me to reach out like this. Our conversations over time have made me value the connection we share, and I've always felt a sense of trust and understanding with you.

Recently, I've encountered some unexpected financial challenges, and despite my best efforts to manage everything, I find myself struggling to make ends meet this month. My rent is due soon, and I'm short by just a few quids. I understand that this is a big ask and if you're not in a position to help or if it makes you uncomfortable, I completely understand.

If you can help, even in the smallest way, I'd be beyond grateful. More than anything, I value our relationship and wouldn't want anything to jeopardize that. I promise I will do my best to return the favor as soon as I'm able.

Thank you for taking the time to read this. Your understanding means the world to me.