I think the long and short of everything are these, divided into bullet points for easier access and to reference whenever either of us is having a rough time (hey look, one page):

1. Neither one of us is a mind-reader. If we have something that we think we need or want to talk about – whether it’s about something we’re uncertain of, something we’re uncomfortable about, something we’re upset over, something we’re thrilled about – we need to say it, without fear of rejection or dismissal.
2. Feelings and emotions are valid, whatever they are. We all have them, we all experience them, but we also need to recognize which ones are just our minds exaggerating unnecessarily thanks to the anxiety / depression, and which ones are legitimate concerns. Validity and understanding doesn’t necessarily equate to being right. That being said…
3. We both have moments where we are right and we both have moments when we are wrong, and it’s important to recognize which is which. This way we can encourage ourselves as we need, focus on the things that we need to change, and understand that everyone makes mistakes and it doesn’t mean that the person is a mistake, or that everything is ruined, it’s just that: a mistake. We learn from them, and we move forward with the understanding of what we can do to become better people. Also admitting when we’re wrong and / or accepting an apology are important steps in moving past it and helping each other, as well as supporting that there are going to be mistakes, but it’s okay.
4. Working together to solve something is incredibly important, especially if it involves the two of us. If there’s a problem, we should be able to talk to each other about it.
5. There are going to be times when one or both of us need space, and that’s okay. It’s not space from each other, it’s not a walk away to never come back, it’s just space from life, space to learn how to be ourselves again. It doesn’t mean either of us love each other any less, it doesn’t mean anyone is being replaced, all it means is that we are taking some time to take care of ourselves.
6. We’ve both spent most of our lives putting other people before us, and we both need to learn how to take care of ourselves again, how to put ourselves and our health first. It’s not selfish or arrogant, it’s necessary to be able to function as a human.
7. Bottom line: our lives and our friendship might shift and grow, but it will never disappear and it will never be replaced. It’s special, has always been special, and always will be special even as our lives shift and develop in different ways. You and I will always be best friends, and we will always love and support each other, regardless of whatever happens, regardless of whatever stumbling blocks we might fall over.