Hello [Landlord's Name],

I hope this message finds you well. I wanted to discuss the recent notice regarding the rent increase for my apartment. I understand that market conditions and property maintenance costs often necessitate adjustments. However, given my current financial situation, I'm concerned about the impact this increase will have.

I truly value living here and have enjoyed the community and environment you've fostered. Is there a possibility for us to discuss a more gradual increase or any alternatives that could help me manage this transition? Thank you for considering this request. I look forward to finding a solution that works for us both.

Warm regards,

[Your Name]