

# My Sibling Journal: Coping with Cancer in My Family



## Chapter 1: About Me

My name is \_\_\_\_\_. I am \_\_\_ years old and in \_\_\_ grade. My favorite thing to do is \_\_\_\_\_ and my favorite thing to eat is \_\_\_\_\_. Something that makes me laugh is \_\_\_\_\_.

\_\_\_\_\_.

Something that makes me feel angry is \_\_\_\_\_.

\_\_\_\_\_.

Something that makes me feel proud is \_\_\_\_\_.

\_\_\_\_\_.

If I could choose to have one superpower, it would be \_\_\_\_\_.



This is a picture of me.

## Chapter 2: My Family

There are \_\_\_ people in my family. My \_\_\_\_\_  
\_\_\_\_\_ take(s) care of me most of  
the time. I really like it when \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_. I also have \_\_\_\_\_  
sibling(s) named \_\_\_\_\_.  
My favorite thing to do with my sibling(s) is \_\_\_\_\_  
\_\_\_\_\_. My favorite  
memory with my sibling(s) is \_\_\_\_\_  
\_\_\_\_\_.



This is a picture of me with my family.

## Chapter 3: The Day I Met Cancer

One day, my sibling \_\_\_\_\_ was diagnosed with cancer. My \_\_\_\_\_ is the one who told me that \_\_\_\_\_ had cancer. When it happened, I was at \_\_\_\_\_ with \_\_\_\_\_.

I was told that \_\_\_\_\_  
\_\_\_\_\_.

When this happened, I felt \_\_\_\_\_  
\_\_\_\_\_.

I remember that my body felt \_\_\_\_\_  
\_\_\_\_\_.

I was worried that \_\_\_\_\_  
\_\_\_\_\_.

I was angry that \_\_\_\_\_  
\_\_\_\_\_.

I wished that \_\_\_\_\_  
\_\_\_\_\_.

I remember this day because \_\_\_\_\_  
\_\_\_\_\_.

## Chapter 4: Getting to Know Cancer

\_\_\_\_\_ is diagnosed with a type of cancer called \_\_\_\_\_ . After being diagnosed with cancer, \_\_\_\_\_ started treatment that included \_\_\_\_\_ .

It was hard when \_\_\_\_\_ started having treatment because \_\_\_\_\_ .

One thing that I have learned about cancer treatment is that \_\_\_\_\_ . One thing I still wish I knew about cancer treatment is \_\_\_\_\_ .

If I could change one thing about cancer treatment, it would be \_\_\_\_\_ .

Use this space to practice with asking questions about cancer treatment:

"

\_\_\_\_\_ ?"

## Chapter 5: Living With Cancer

My life has changed in a lot of ways since cancer became a part of it. I used to do things like \_\_\_\_\_

\_\_\_\_\_.

\_\_\_\_\_

Now I do things like \_\_\_\_\_

\_\_\_\_\_.

Some things I do with my family are \_\_\_\_\_

\_\_\_\_\_.

I wish I was able to do more things like \_\_\_\_\_

\_\_\_\_\_.

Use this space to practice with asking to do something important to you:

"

\_\_\_\_\_

\_\_\_\_\_?"

## Chapter 6: Coping With Cancer

Cancer brings up a lot of feelings. Sometimes I feel

\_\_\_\_\_

\_\_\_\_\_.

When things are hard, I do \_\_\_\_\_

\_\_\_\_\_ to

feel better. I talk to \_\_\_\_\_

\_\_\_\_\_

when I need someone who listens and understands.

If I could give advice to other siblings who are having a hard time coping with cancer, I would say \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_.

Use this space to write a reminder for yourself to feel better on hard days:

"

\_\_\_\_\_

\_\_\_\_\_."

## Chapter 7: Beating Cancer

Every day, my sibling \_\_\_\_\_ is beating cancer. I know how strong my sibling is when

\_\_\_\_\_  
\_\_\_\_\_. Some things that inspire me about my sibling are \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_.  
I help my sibling beat cancer by \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_.  
I know that no matter what happens, my sibling is

\_\_\_\_\_  
\_\_\_\_\_.  
I hope that \_\_\_\_\_

Use this space to write something that gives you hope:

"

\_\_\_\_\_  
\_\_\_\_\_".