

# Affirmations for Siblings of Children with Cancer

Childhood cancer impacts siblings in unique ways. The feelings that cancer brings up may change from day to day. These affirmations are designed to validate each of these emotions and show that siblings are not alone.

## **Fear**

There's nothing wrong with being afraid of the unknown.  
It's possible to have fear and hope at the same time.

## **Jealousy**

It is valid to be upset about getting less time and attention.  
Everyone deserves to ask for what they want,  
even if it's not possible to have it all right now.

## **Isolation**

It's common to feel left out when everyone is so  
focused on treating the cancer.  
It's ok to talk about how hard this is, even if other people are sad.

## **Guilt**

Feeling guilty does not mean that you have done something wrong.  
It is ok for both you and your sibling to need more help right now.

## **Anger**

It's ok to be angry about how cancer has changed your own life.  
It's possible to feel angry and grateful at the same time.

## **Confusion**

It's normal to feel confused about cancer treatment, and it's ok to have questions or prefer not to know all the details.  
Many people wonder why this had to happen to their sibling, even though there may not be an answer.

## **Identity**

You are allowed to decide how much cancer is a part of your identity, and it's ok for that to change over time.  
Your worth is not defined by how much you do for your family.

## **Grief**

It's ok to grieve the life you were living before your sibling's cancer diagnosis.  
You are allowed to feel sad for the things that you, your parents, or your sibling have lost.

