

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 _____

_____.

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:

" _____ "