

# 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:

" \_\_\_\_\_ "