

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:

" _____ "