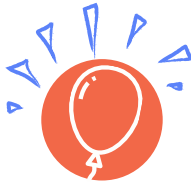




LEFA COLLECTIVE X UTAH PARENT CENTER

THE SIBLING JOURNAL





About This Journal:

Before you get to know the journal, you need to know the people who created it.

LEFA Collective:

LEFA Collective founded by Lexie Dopp is a brand on a mission to create mental health tools accessible and available to everyone who needs them. They strive to create products that fit seamlessly into your daily routines to help you do & feel your best.

Utah Parent Center:

The mission of the Utah Parent Center's Sibling Project is to help parents help their children, who are siblings to their child with disabilities. We provide free activities, support groups, and mental health tools like this journal to siblings.

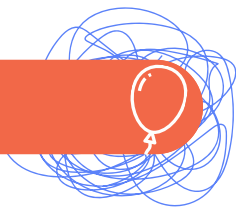
We hope this journal will be a tool you can use any time you feel the overwhelming emotions that can come with being a sibling of a child with a disability.

We see you!

Love your friends at LEFA Collective
and the Utah Parent Center

DATE:

Write a letter to your younger self



Dear younger me...

A series of horizontal dotted lines for writing.

DATE:

I wish people didn't say...



A series of horizontal dotted lines for writing.

CIRCLE EVERYTHING YOU FEEL TODAY

DATE:

HAPPY AROUSED CHEEKY FREE JOYFUL CURIOUS INQUISITIVE
SUCCESSFUL CONFIDENT RESPECTED VALUED COURAGEOUS
CREATIVE LOVING THANKFUL SENSITIVE INTIMATE HOPEFUL
INSPIRED STARTLED CONFUSED AMAZED EXCITED SURPRISED
SHOCKED DISMAYED DISILLUSIONED PERPLEXED ASTONISHED
AWE EAGER ENERGETIC BAD BORED BUSY STRESSED TIRED
INDIFFERENT APATHETIC PRESSURED RUSHED OVERWHELMED
OUT OF CONTROL SLEEPY UNFOCUSED FEARFUL SCARED
ANXIOUS INSECURE WEAK REJECTED THREATENED EXPOSED
NERVOUS PERSECUTED EXCLUDED INSIGNIFICANT WORTHLESS
INFERIOR INADEQUATE WORRIED OVERWHELMED HELPLESS
ANGRY HUMILIATED BITTER MAD AGGRESSIVE FRUSTRATED
DISTANT CRITICAL BETRAYED RESENTFUL DISRESPECTED
RIDICULED INDIGNANT VIOLATED FURIOUS JEALOUS PROVOKED
HOSTILE INFURIATED ANNOYED WITHDRAWN NUMB SKEPTICAL
DISMISSIVE DISGUSTED DISAPPROVING DISAPPOINTED AWFUL
REPELLED JUDGEMENTAL EMBARRASSED APPALLED REVOLTED
NAUSEATED DETESTABLE HORRIFIED SAD HURT DEPRESSED
GUILTY DESPAIR VULNERABLE LONELY ISOLATED ABANDONED
VICTIMIZED FRAGILE GREIF POWERLESS ASHAMED
REMORSEFUL EMPTY INFERIOR DISAPPOINTED EMBARRASSED



WRITE & RIP UP

Write everything in your heart. Tear this page out & rip it up. Release any lingering emotions you have as you tear the page. Let it come, let it go, let it flow.

A series of horizontal dotted lines for writing.

DATE:

I wish I had the courage to talk about...



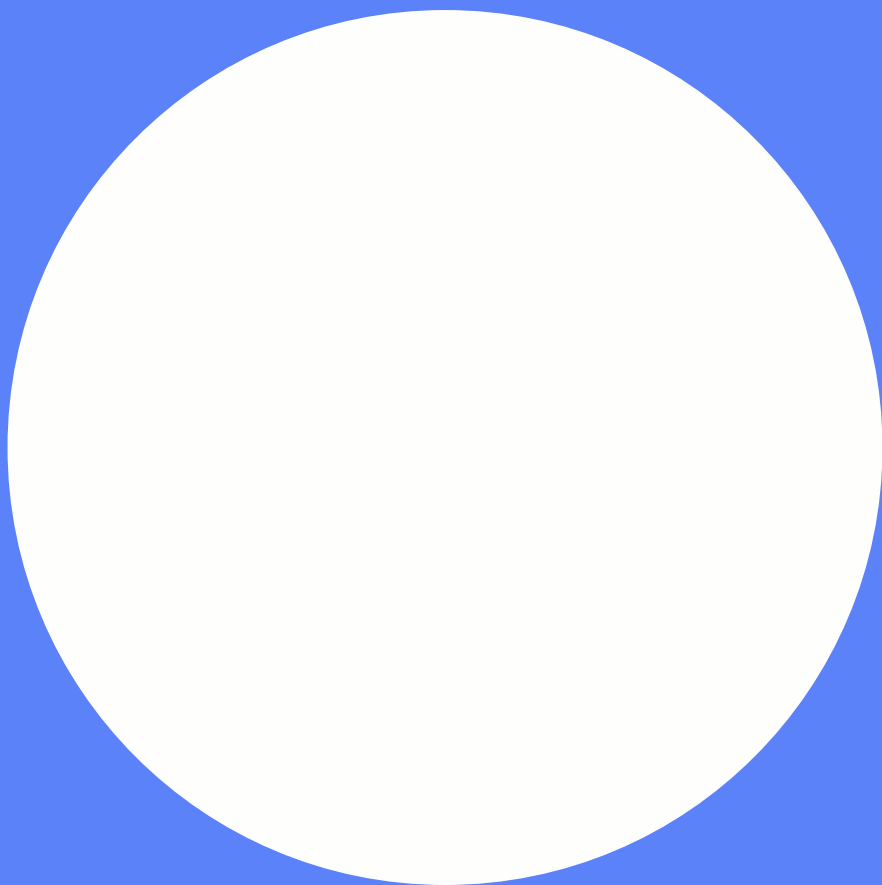
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DATE:

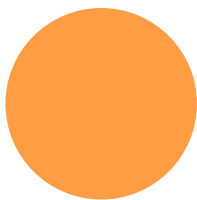
.....

Write everything inside your circle of control...



DATE:

Write everything outside your circle of control



DATE:

Something about my childhood I wish was different is...



A series of horizontal dotted lines for writing.



DATE:

Ways I can protect my peace...



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DATE:

I wish people understood...



A series of horizontal dotted lines for writing.

DATE:

Write a letter to your sibling



Dear,

A series of horizontal dotted lines for writing a letter.

DATE:

I feel understood when...



A series of horizontal dotted lines for writing.

DATE:

Write your life story...



A series of horizontal dotted lines for writing, consisting of 20 lines spaced evenly down the page.

DATE:

Something I miss is...



A series of horizontal dotted lines for writing.

DATE:

Something I haven't said out loud...



A series of horizontal dotted lines for writing.

.....

THEN VS. NOW

.....

DATE:

What used to make you nervous?

What makes you nervous now?

DATE:

A symbol that gives me hope is...



A series of horizontal dotted lines for writing.

DATE:

The happiest moment of my life so far is...



A series of horizontal dotted lines for writing.

DATE:

Write a six word poem about how it feels to be a sibling



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DATE:

Write 6 things you're grateful for right now



1

2

3

4

5

6

You can rise.
You can heal.

**You can
overcome.**



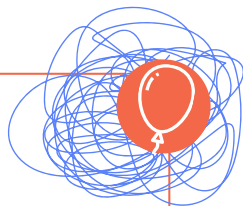
CIRCLE EVERYTHING YOU FEEL TODAY

DATE:

HAPPY AROUSED CHEEKY FREE JOYFUL CURIOUS INQUISITIVE
SUCCESSFUL CONFIDENT RESPECTED VALUED COURAGEOUS
CREATIVE LOVING THANKFUL SENSITIVE INTIMATE HOPEFUL
INSPIRED STARTLED CONFUSED AMAZED EXCITED SURPRISED
SHOCKED DISMAYED DISILLUSIONED PERPLEXED ASTONISHED
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INADEQUATE WORRIED OVERWHELMED HELPLESS ANGRY
HUMILIATED BITTER MAD AGGRESSIVE FRUSTRATED DISTANT
CRITICAL BETRAYED RESENTFUL DISRESPECTED RIDICULED
INDIGNANT VIOLATED FURIOUS JEALOUS PROVOKED HOSTILE
INFURIATED ANNOYED WITHDRAWN NUMB SKEPTICAL DISMISSIVE
DISGUSTED DISAPPROVING DISAPPOINTED AWFUL REPELLED
JUDGEMENTAL EMBARRASSED APPALLED REVOLTED NAUSEATED
DETESTABLE HORRIFIED SAD HURT DEPRESSED GUILTY DESPAIR
VULNERABLE LONELY ISOLATED ABANDONED VICTIMIZED FRAGILE
GRIEF POWERLESS ASHAMED REMORSEFUL EMPTY INFERIOR
DISAPPOINTED EMBARRASSED

DRAW A WORD CLOUD WITH ALL THE EMOTIONS YOU CIRCLED

DATE:



DATE:

I feel most at peace when I go to...



A series of horizontal dotted lines for writing.

DATE:

It feels really hard to say...



A series of 20 horizontal dotted lines for writing.

DATE:

Sometimes I feel guilty for...



A series of horizontal dotted lines for writing.

DATE:

I feel ignored when...



A series of horizontal dotted lines for writing.

DATE:

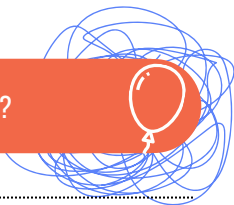
A memory I wish I could erase would be when...




A series of 20 horizontal dotted lines for writing.

DATE:

What is something you lost that you would like to regain?



A series of horizontal dotted lines for writing, consisting of 20 lines spaced evenly down the page.



**I sat with my anger
long enough, until
they told me their
real name was grief.**

-C.S. Lewis



DATE:

Reasons why this really sucks...



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THE HARDEST TIME OF THE DAY IS



MORNING / AFTERNOON / NIGHT

DATE:

THIS IS WHY

Handwriting practice lines consisting of 20 horizontal dotted lines.

DATE:

I feel supported by my loved ones when...



A series of horizontal dotted lines for writing.

DATE:

Something I haven't ever told anyone is...



A series of horizontal dotted lines for writing.

DATE:

This week I have felt...



A series of horizontal dotted lines for writing.

DATE:

I honor my emotions when I...



A series of horizontal dotted lines for writing.

A gentle reminder:

**You can feel grief
and gratitude at the
same time.**

DATE:

What do you want to let go of?



A series of 20 horizontal dotted lines for writing.

The image features four balloons in shades of yellow, green, blue, and orange, floating against a teal background. The text "Stay Curious" is written in a bold, white, sans-serif font, centered over the balloons. A light blue circular graphic element surrounds the text. The overall composition is clean and modern, with a focus on vibrant colors and a clear message.

**Stay
Curious**

DATE:

I am allowed to feel...



A series of horizontal dotted lines for writing, spanning the width of the page below the red header bar.

WHAT MAKES ME FEEL...

DATE:



Joy

Anger

Sadness

Fear

Excitement

Disappointment

Hope

Heartache

Disgust

Shock

Freedom

Grief

Shame

Curiosity

Inspiration

Acceptance

Distance

Aggression

Depression

Peace

DATE:

I can show myself compassion by...



A series of horizontal dotted lines for writing.

DATE:

Having a sibling with a disability has changed my perception of...



A series of horizontal dotted lines for writing.

STOP and breathe

INHALE

1 - 2 - 3 - 4

HOLD

1 - 2 - 3 - 4

1 - 2 - 3 - 4

HOLD

1 - 2 - 3 - 4

EXHALE

DATE:

I can show myself compassion by...



A series of horizontal dotted lines for writing.

DATE:

Write a letter to your caregiver



Dear,

A series of horizontal dotted lines for writing the letter.

The Power of “YET”

**I can't do
this...
YET**

**This
doesn't
work...
YET**

**I don't get
this...
YET**

**I don't
know...
YET**

DATE:

I feel tired & overwhelmed when...



A series of horizontal dotted lines for writing.

DATE:

The thing I am most afraid of right now is...
& if that happens I will...



A series of horizontal dotted lines for writing.

DATE:

I feel so confused by...



A series of horizontal dotted lines for writing.

DATE:

New things are happening & I feel...



A series of horizontal dotted lines for writing.

DATE:

Write a letter to your future self



Dear future me,

A series of horizontal dotted lines for writing.

F-E-A-R

has two meanings:
**Forget Everything
And Run**

or

**Face Everything
And Rise.**

The choice is yours.

CIRCLE EVERYTHING YOU FEEL TODAY

DATE:

HAPPY AROUSED CHEEKY FREE JOYFUL CURIOUS INQUISITIVE
SUCCESSFUL CONFIDENT RESPECTED VALUED COURAGEOUS
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DISAPPOINTED EMBARRASSED

DATE:

I keep showing up & moving forward because...



A series of horizontal dotted lines for writing.

DATE:

Describe your resilience...



A series of horizontal dotted lines for writing.

What is resilience? It is the capacity to withstand or to recover quickly from difficulties.



DATE:

People I feel safe & supported by...



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DATE:

I feel supported when...



A series of horizontal dotted lines for writing.



DATE:

5 things I love:



- 1
- 2
- 3
- 4
- 5

5 things I love about myself:



- 1
- 2
- 3
- 4
- 5

5 things I love about my sibling:



- 1
- 2
- 3
- 4
- 5



DATE:

With my perspective as a sibling, I can help others by...



A series of horizontal dotted lines for writing.

DATE:

My hopes for the future...



A series of horizontal dotted lines for writing.

DATE:

Use these blank pages to share whatever else is in your heart...



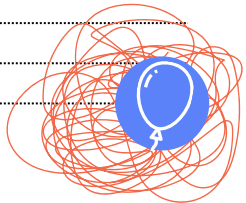
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DATE:



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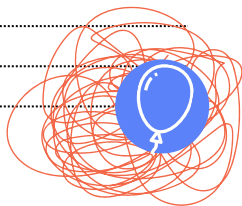




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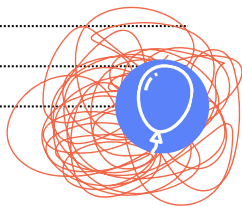




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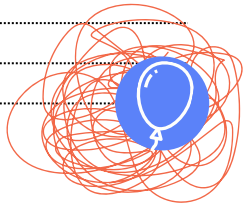




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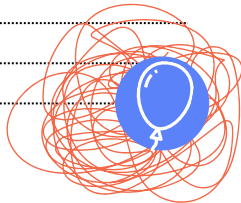




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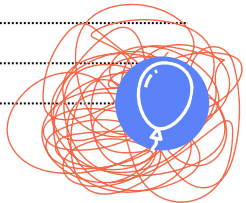




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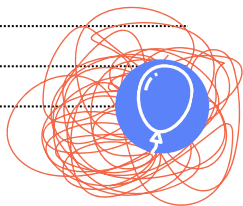




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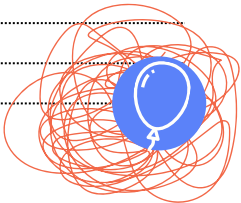




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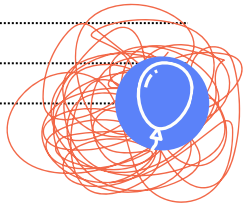




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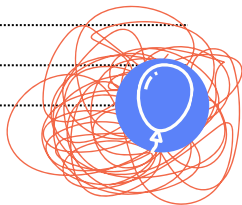




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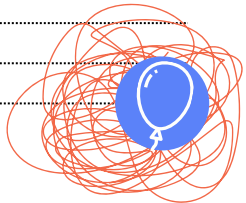




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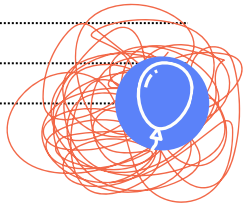




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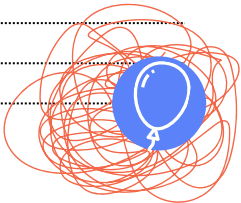




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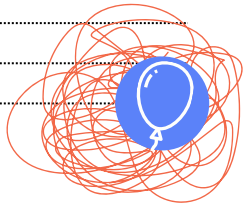




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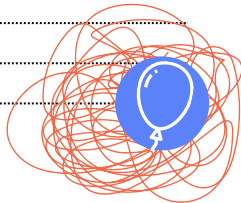




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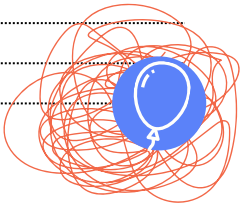




DATE:



Handwriting practice area consisting of 20 horizontal dotted lines.



For more free resources to help
families impacted by all disabilities
and special healthcare needs:
utahparentcenter.org

For more daily tools to help your
family heal visit:
lefacollective.com

