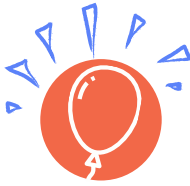


The background of the entire page is a solid orange color. It is decorated with a pattern of stylized, hand-drawn smiley faces in a lighter shade of orange. These faces are scattered across the page, some appearing as full circles with two dots for eyes and a curved line for a mouth, while others are partially cut off by the edges of the frame.

LEFA COLLECTIVE X UTAH PARENT CENTER

THE SIBLING JOURNAL

A white, hand-drawn brushstroke underline consisting of two parallel, slightly wavy lines that extend horizontally across the width of the title text.



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...



Handwriting practice lines consisting of 20 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.

[illegible]

DATE:

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



Handwriting practice lines consisting of multiple rows of dotted lines on a red background.

.....

DATE:

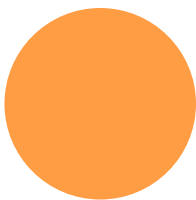
Write everything inside your circle of control...



.....

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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[illegible]

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 the 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.

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?

WRITE DOWN TWO CHILDHOOD CORE MEMORIES

DATE:

#1

#2

DATE:

A symbol that gives me hope is...



Handwriting practice lines consisting of multiple rows of dotted lines on a white background, intended for writing the response to the prompt.

DATE:

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



Handwriting practice lines consisting of multiple rows of dotted lines on a white background.

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:

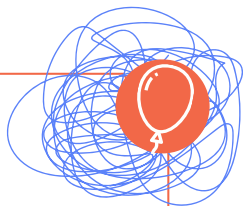
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SUCCESSFUL CONFIDENT RESPECTED VALUED COURAGEOUS
CREATIVE LOVING THANKFUL SENSITIVE INTIMATE HOPEFUL
INSPIRED STARTLED CONFUSED AMAZED EXCITED SURPRISED
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HUMILIATED BITTER MAD AGGRESSIVE FRUSTRATED DISTANT
CRITICAL BETRAYED RESENTFUL DISRESPECTED RIDICULED
INDIGNANT VIOLATED FURIOUS JEALOUS PROVOKED HOSTILE
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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

.....

DRAW A WORD CLOUD WITH ALL THE EMOTIONS YOU CIRLCED

.....

DATE:



DATE:

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



Handwriting practice lines consisting of multiple rows of dotted lines on a white background.

DATE:

It feels really hard to say...



A series of 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.

[illegible]



FEELING AFRAID



DATE:

What was the scariest moment of your life?

How did this event affect your family or sibling?

DATE:

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



A series of horizontal dotted lines for writing.

DATE:

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





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...



- 1
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THE HARDEST TIME OF THE DAY IS



MORNING / AFTERNOON / NIGHT

DATE:

THIS IS WHY

A series of horizontal dotted lines for writing.

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.



TIME TO RELEASE



DATE:

What do you want to let go of?

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

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.

This image shows a full page of a document template designed for handwritten notes or essays. It features approximately 28 evenly spaced, thin grey horizontal lines across the entire width of the page. The margins are consistent on all sides, providing ample space for writing. There are no vertical lines, headers, footers, or other markings present.

A gentle reminder:

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

● ● ● ● ● ● ● ● ● ● ● ●

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it is resting on a surface.

[illegible]

DATE:

What do you want to let go of?





**Stay
Curious**

DATE:

I am allowed to feel...



A series of horizontal dotted lines for writing.

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

COMPARING PERSPECTIVES

DATE:

In what ways do you feel different than your peers?

In what way are you similar to your peers?

DATE:

I can show myself compassion by...



A series of horizontal dotted lines for writing.

DATE:

Write a letter to your caregiver



Dear,



I AM FEELING



DATE:

Write everything you're feeling today...

Why do you feel that way?

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, spanning the width of the page below the header.

DATE:

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



A series of horizontal dotted lines for writing.

● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ●



This image shows a full page of a document template. It consists of a series of evenly spaced, horizontal black dashed lines on a plain white background. These lines are designed to serve as guides for handwriting or typing, providing a structured format for text entry. The lines extend across the entire width of the page and are separated by uniform gaps.

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,



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
CREATIVE LOVING THANKFUL SENSITIVE INTIMATE HOPEFUL
INSPIRED STARTLED CONFUSED AMAZED EXCITED SURPRISED
SHOCKED DISMAYED DISILLUSIONED PERPLEXED ASTONISHED
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OUT OF CONTROL SLEEPY UNFOCUSED FEARFUL SCARED ANXIOUS
INSECURE WEAK REJECTED THREATENED EXPOSED NERVOUS
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VULNERABLE LONELY ISOLATED ABANDONED VICTIMIZED FRAGILE
GREIF POWERLESS ASHAMED REMORSEFUL EMPTY INFERIOR
DISAPPOINTED EMBARRASSED

DATE:

I keep showing up & moving forward because...



A series of horizontal dotted lines for writing.

[illegible]

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...

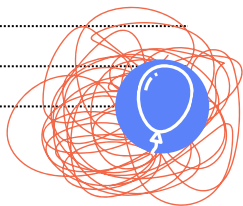


A series of horizontal dotted lines for writing.



DATE:

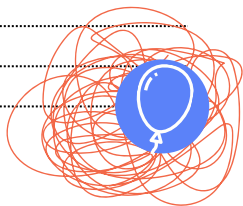
Handwriting practice lines consisting of multiple rows of dotted lines on a white background.





DATE:

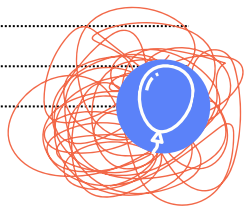
Handwriting practice lines consisting of multiple horizontal dotted lines for tracing and writing.





DATE:

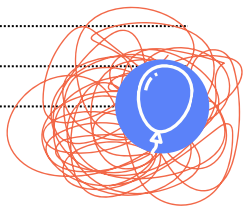
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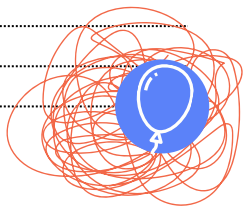
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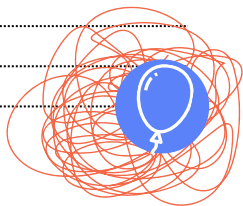
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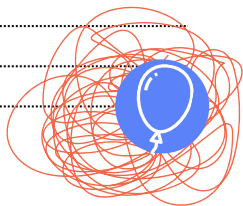
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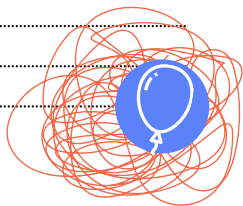
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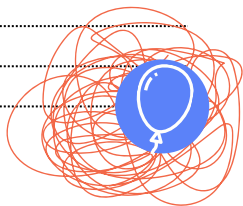
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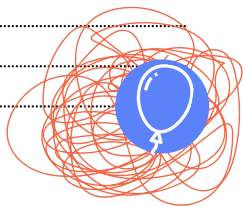
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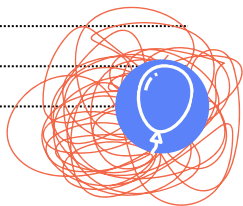
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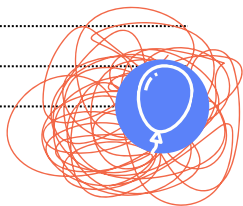
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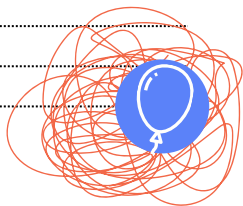
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DATE:

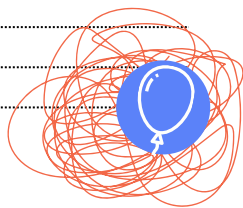
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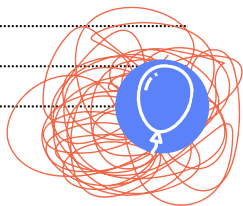
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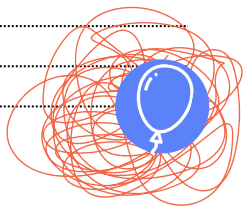
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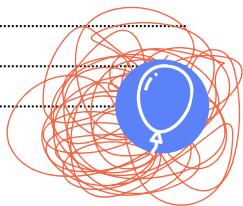
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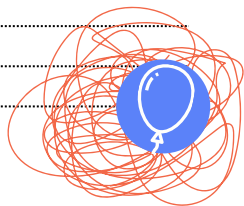
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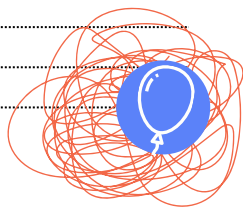
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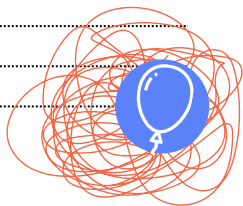
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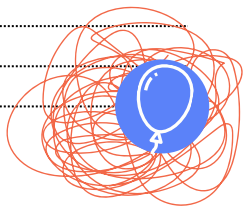
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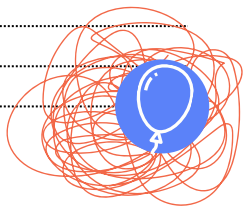
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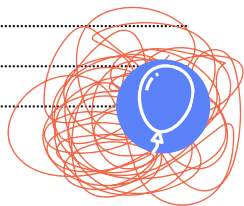
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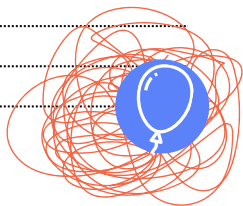
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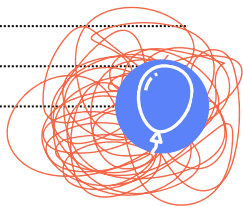
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DATE:

Handwriting practice lines consisting of multiple rows of dotted lines on a white background.



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



**Utah
Parent
Center**

lefa
LEXIE FAITH