

Sibling Journal Prompts

1. What role have I typically played in my sibling relationship(s), and how has that shaped me?
2. What are some of my earliest memories with my sibling(s)? What emotions come up when I revisit them?
3. Where do I feel most connected to my sibling—and where do I feel misunderstood or unseen?
4. Are there unspoken stories, resentments, or patterns that might be quietly shaping how we relate today?
5. What strengths or beautiful qualities do I see in my sibling that I may not have fully acknowledged?

6. How do I express love or support to my sibling—and how do I think they express it in return?

7. If I could say one honest thing to my sibling (without fear or filter), what would it be?

8. What kind of relationship do I want to build or nurture going forward—and what's one small step I can take toward that?