

## **If Your Brother or Sister Passes Away, Know That:**

### **You'll always have memories.**

Your brother or sister will always be part of your life. Hold on to your memories of the good times. It's okay to think about something funny that your brother or sister did or said. By laughing and smiling you are bringing back just a little of what was so special about them.

### **The pain will lessen with time.**

At first the pain may be so strong that you might wonder whether you will ever feel happy again. Time has a way of healing. Not being sad every day doesn't mean that you have forgotten. It just means that you're starting to heal.

### **Everyone grieves in his or her own way.**

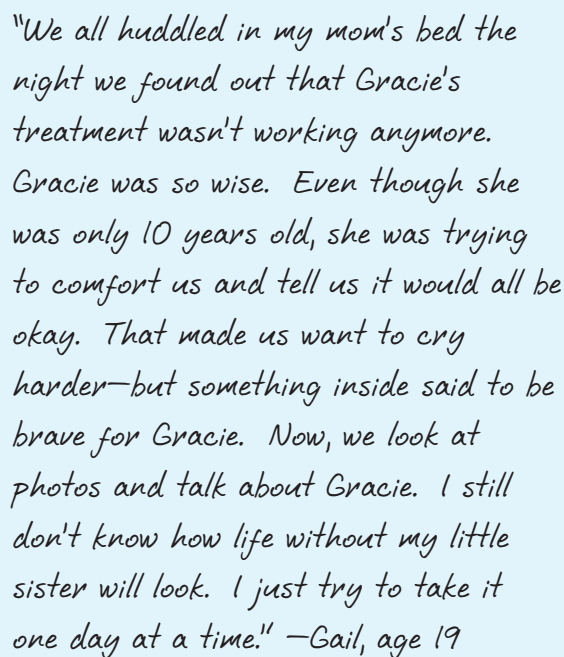
Some teens grieve for their brother's or sister's death by crying. Others get quiet and spend time by themselves. Some find that they need to be around friends and talk. Others get very angry. In any case, most people find it helps to keep a regular routine. There is no right or wrong way to grieve. It's okay to deal with loss at your own pace.

### **Your sibling would want you to be happy.**

Stay open to new experiences. Make small changes that give your life new meaning. Write about your thoughts and about this experience. Don't worry about what to say, just write.

### **Life will change.**

Life won't be the same as before, but it can be rich and full again. Keep believing this.



"We all huddled in my mom's bed the night we found out that Gracie's treatment wasn't working anymore. Gracie was so wise. Even though she was only 10 years old, she was trying to comfort us and tell us it would all be okay. That made us want to cry harder—but something inside said to be brave for Gracie. Now, we look at photos and talk about Gracie. I still don't know how life without my little sister will look. I just try to take it one day at a time." —Gail, age 19



The journey of a thousand miles  
must begin with a  
single step.

—Lao Tzu