

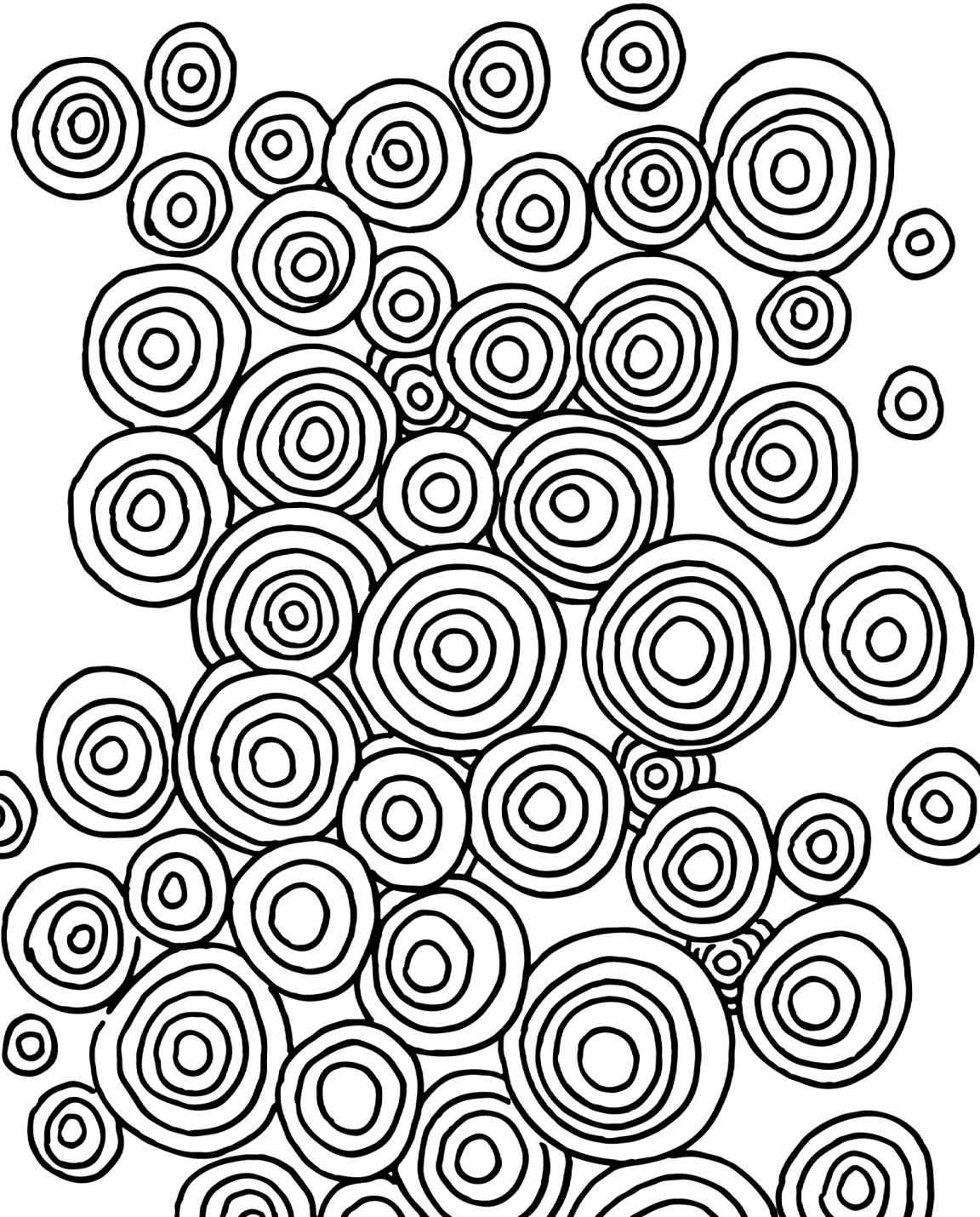
**"I HAVE TO BE HONEST
WITH YOU FOR A MOMENT:
IT IS REALLY, REALLY HARD
TO SEE SOMEONE YOU LOVE
STRUGGLE OR BE IN PAIN.
AND I'M SO PROUD OF YOU
FOR LEARNING HOW
TO COPE WITH THAT."**

—another rare epilepsy sibling

IT ISN'T EASY HAVING A BROTHER OR SISTER WITH A RARE EPILEPSY.

When your sibling has a seizure or other health emergency, it can disrupt everything going on in the family, interrupting your plans and requiring you to step in to help, or step away for a bit. You may feel like nobody else your age has to cope with these kinds of challenges.

The reality is, there are many, many siblings out there who are just like you: resilient, strong, brave, but also, sometimes, struggling. Lots of people in the rare epilepsy community put this journal together to help you cope and to celebrate how important you are!



Handwriting practice lines for the letter 'H'. The page contains 15 rows of horizontal lines. The first 12 rows are for writing practice. The last 3 rows are for a drawing activity, indicated by the text 'DRAW A PICTURE OF YOURSELF LAUGHING' and the 'HA HA HA' graphic.



If you had to **PICK ONE SONG**
to play continuously, non-stop,
in the background of your life,
what would it be?

Which **FICTIONAL CHARACTER**
do you relate to the most?

[illegible]

What are five things
THAT MAKE YOU UNIQUE?

1

2

3

4

5



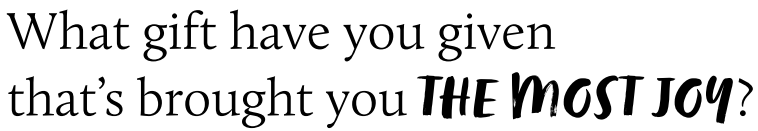


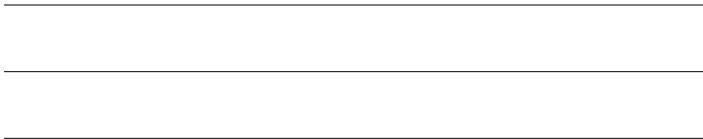
BELIEVE IN YOURSELF.

[illegible]

[illegible]

—another rare epilepsy sibling





This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



—another rare epilepsy sibling

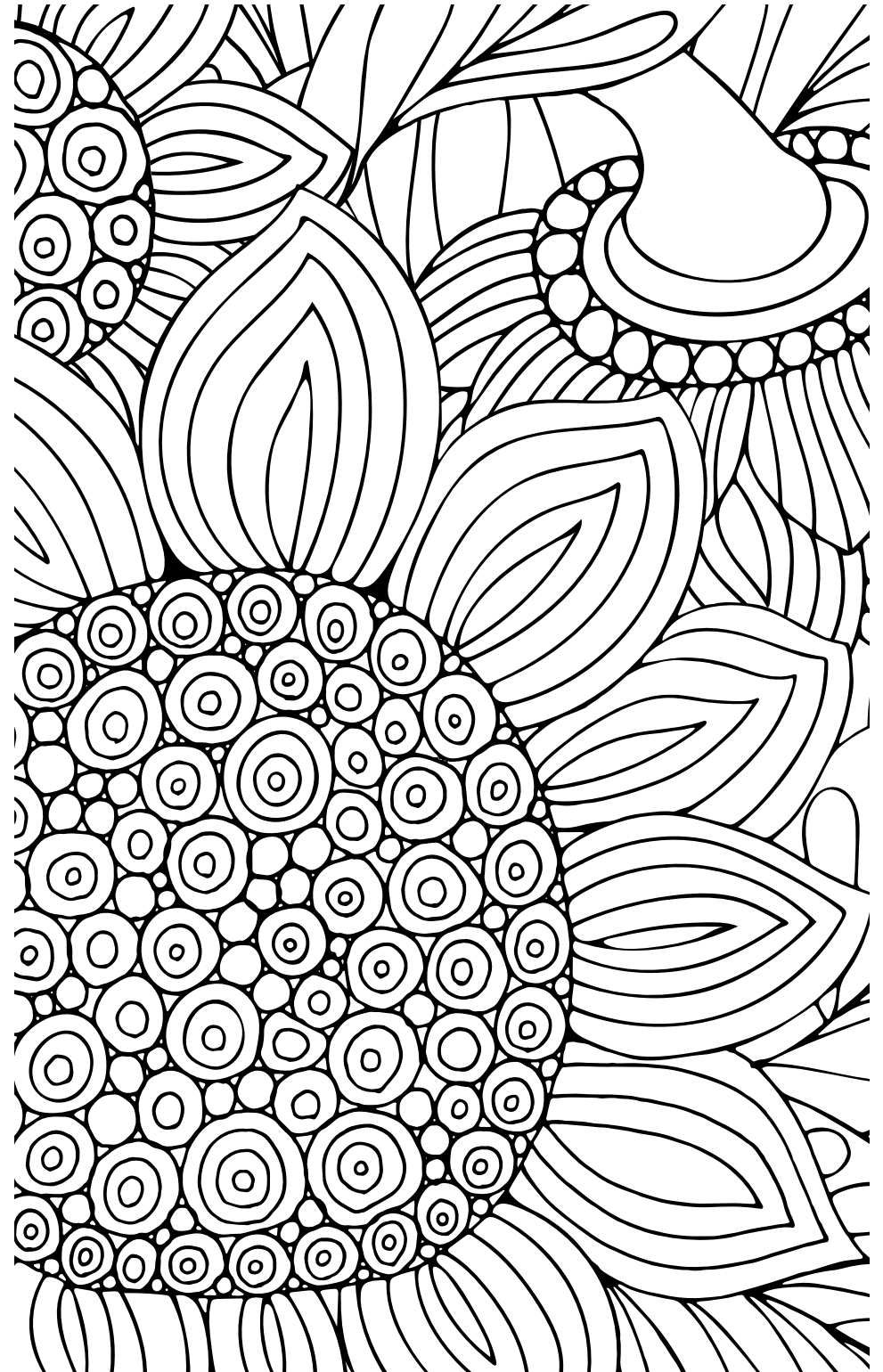
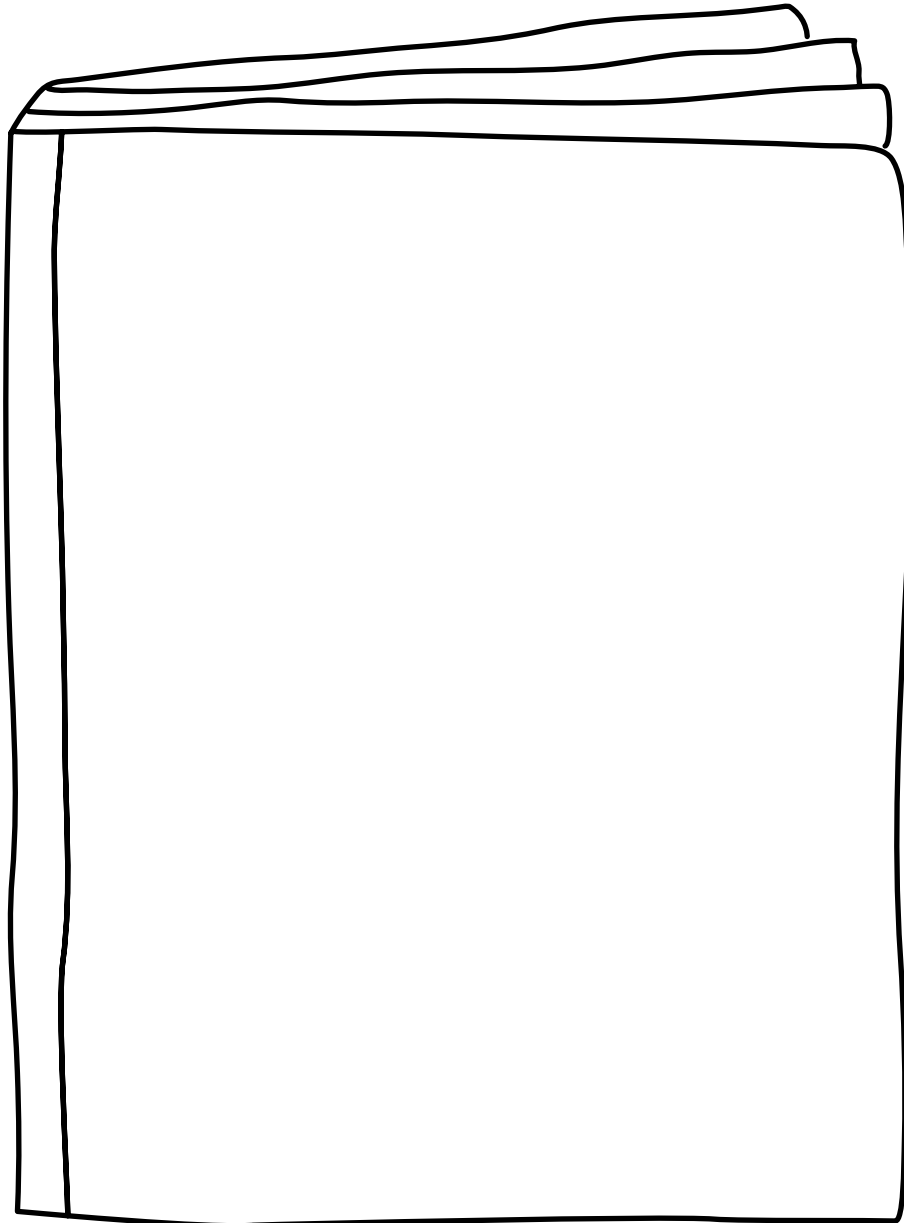
[illegible]

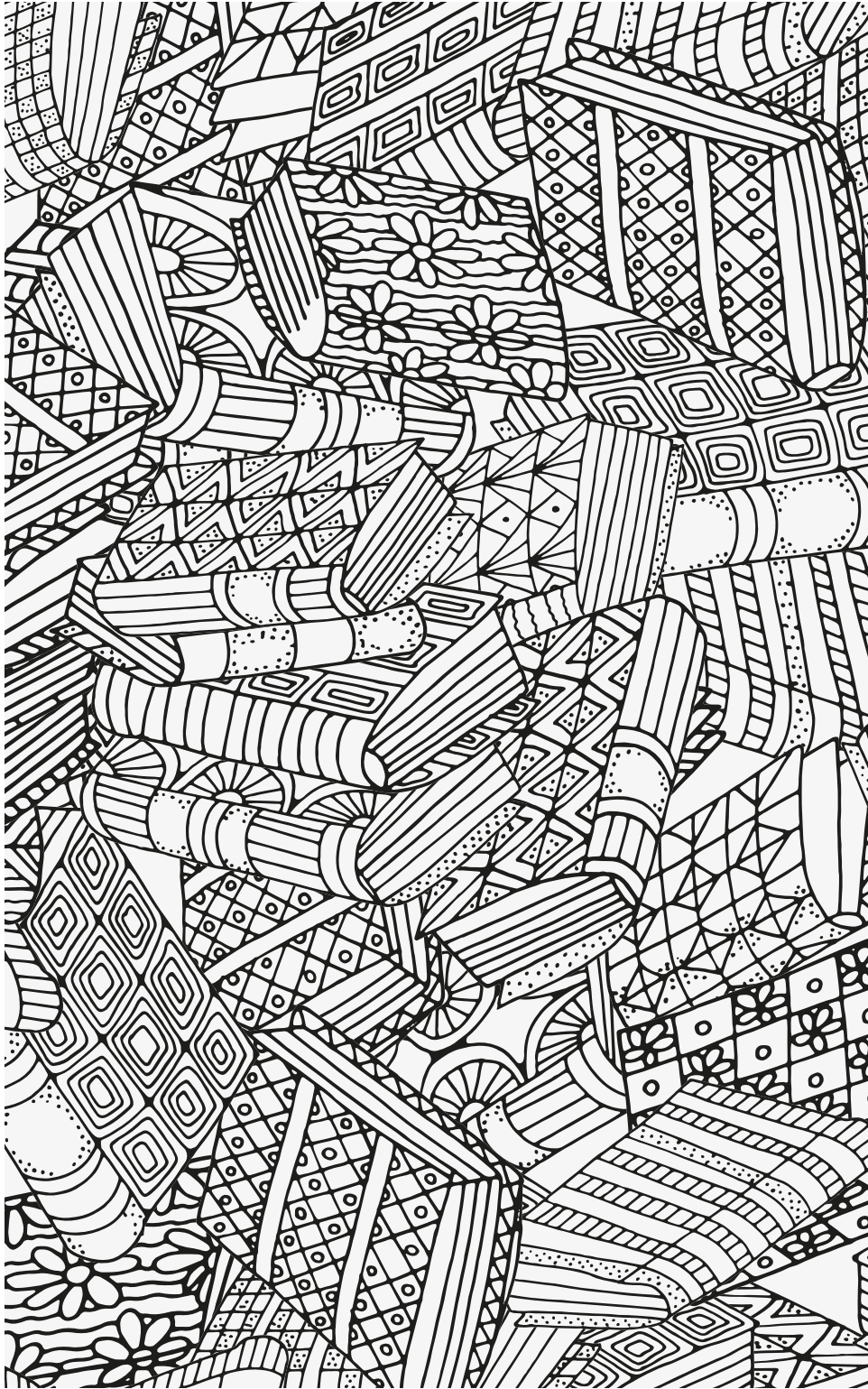
- another rare epilepsy sibling

IF YOUR LIFE TURNED INTO A NOVEL,

what would the title be?

(How would you illustrate the cover?)





What is one thing people
DON'T SEEM TO NOTICE ABOUT YOU.
and you wish they would?

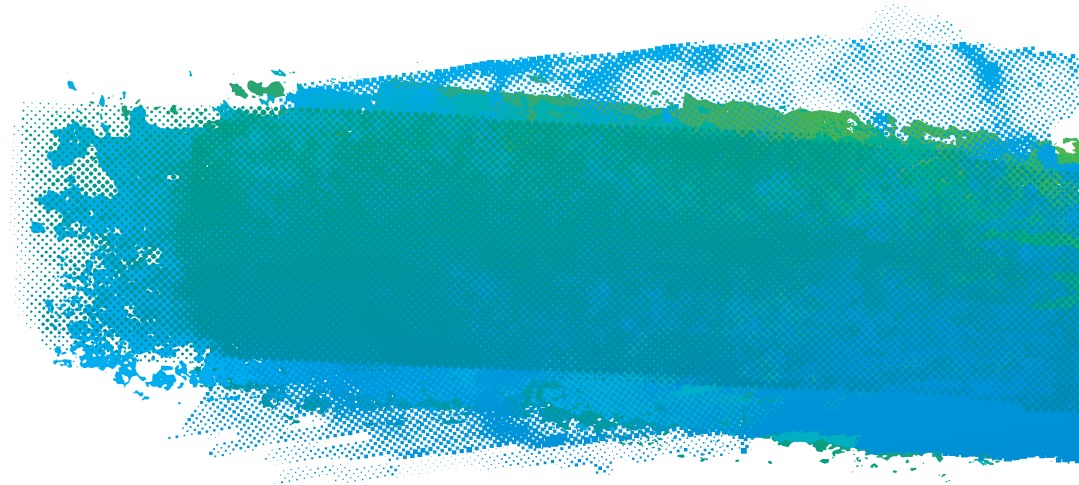
[illegible]

[illegible]

1

2

3

[illegible][illegible]

100 THINGS I LOVE

1	26
2	27
3	28
4	29
5	30
6	31
7	32
8	33
9	34
10	35
11	36
12	37
13	38
14	39
15	40
16	41
17	42
18	43
19	44
20	45
21	46
22	47
23	48
24	49
25	50

(a list to start and add to whenever the fancy strikes)

51	76
52	77
53	78
54	79
55	80
56	81
57	82
58	83
59	84
60	85
61	86
62	87
63	88
64	89
65	90
66	91
67	92
68	93
69	94
70	95
71	96
72	97
73	98
74	99
75	100

[illegible]

—another rare epilepsy sibling

A Letter from Two Rare Epilepsy Sisters

TO: AN IRREPLACEABLE SIBLING

We are the lucky sisters to a beautiful girl who has rare epilepsy and has truly shaped our lives. While some days are challenging, growing up with our sister has been a great joy. The lessons that we learned have shaped us into who we are today. Below, we have listed some stressors that we have encountered and some reflection points that we have to share!

Hospital/ Medical Stressors

The unpredictability related to having a sibling with a rare epilepsy can be really hard. We see you and we feel you, as we have also experienced worry, sadness, and concern. One minute you are out to eat enjoying a nice meal, and the next you could be rushing to the hospital. Take a deep breath and lean on those in your life that you love. Pray, cry, listen to music. Do whatever it is that fills you up and restores peace within you. If we were asked what helped us most through medical or behavioral difficulties, it would be getting involved. Advocating for our sibling to ensure that they are always receiving the BEST care, asking questions, and learning in any way that we could. Everyone is different. Do what works best for you.

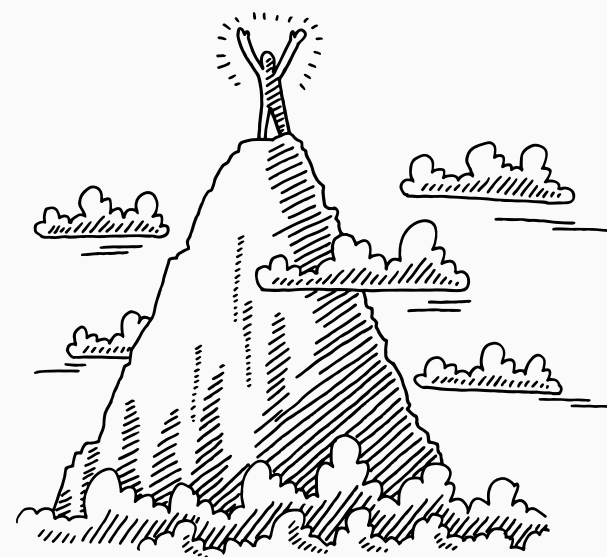
Bullying

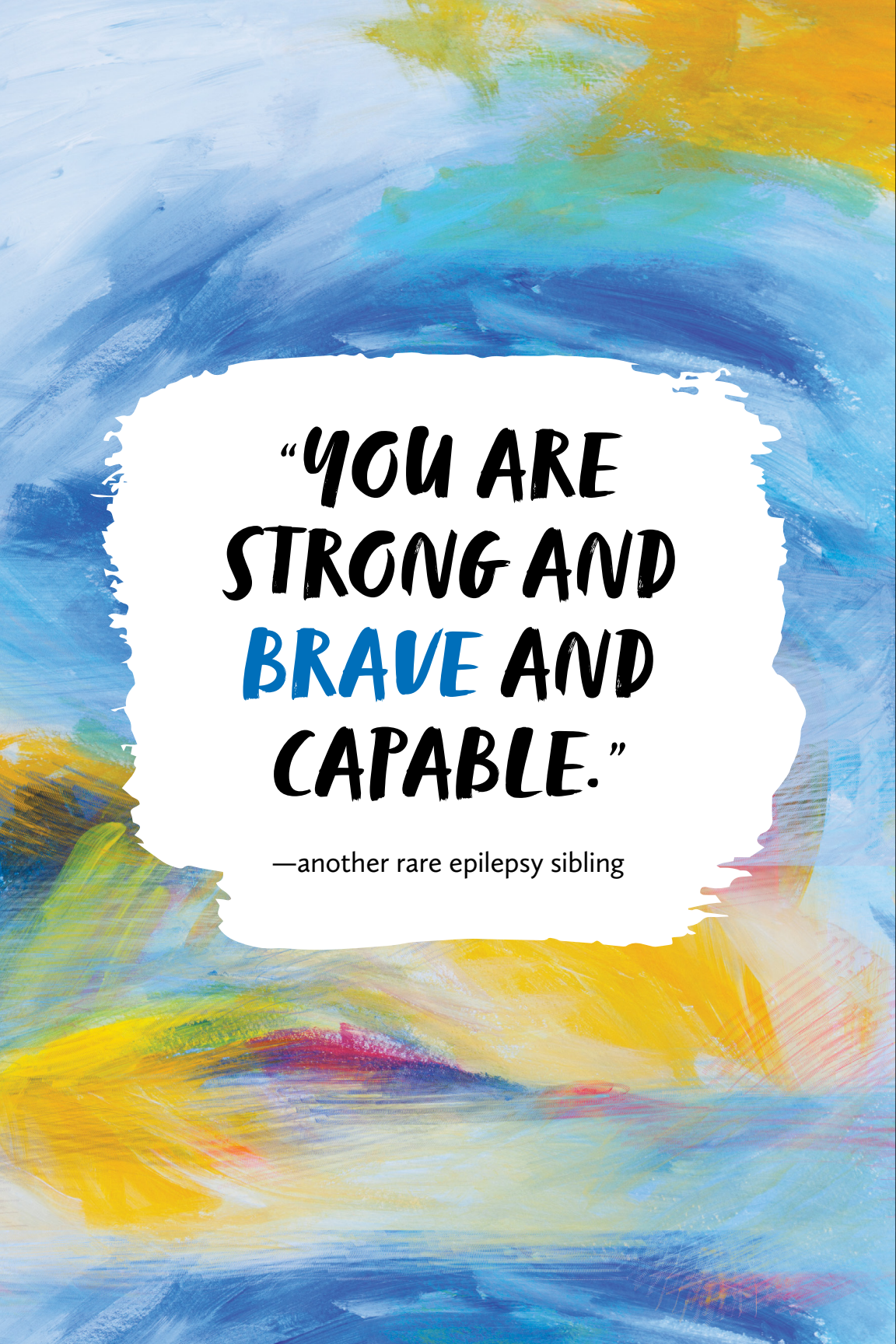
You have likely witnessed bullying or if not, you might sometime down the road. This can be someone getting picked on at the locker bay or someone directly targeting your loved one—making fun of the attributes that make them special. There are no words to describe the pain that comes when someone is bullied, but we hope that you will stand strong. If you feel comfortable, stand up when people are being mean. Standing up can help you combat those feelings of sadness or anger. We each have a voice and yours is so powerful. If you are going to be anything in the world, be kind. This is a message that strikes home to us.

What You Bring!

Wow! First, there is no way to bring justice to this section as you bring more things to the world than we have space to write. Your understanding and patience is unmatched. You are an unsung hero in the role that you play. You make people smile, you care for your family. You are smart, work hard, and truly make the world shine. We believe that everyone's experiences, talents and trials, shape the impact that they have on the world. Do not forget your worth. If you have something to say, say it. If you feel a certain way, that is okay. We all have different paths and different emotions. Lean on your people and know that you are not alone!

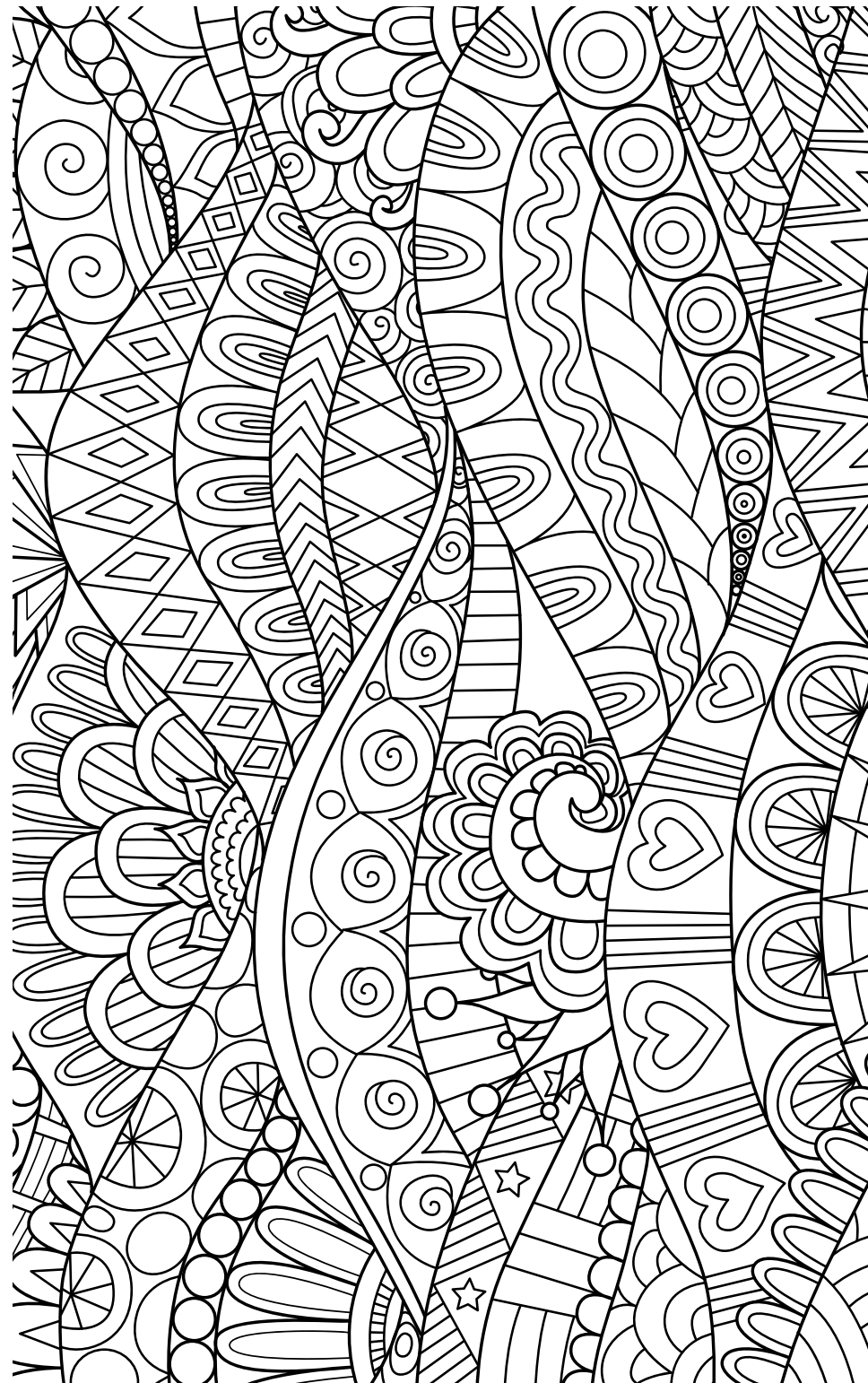
The climb can be hard, but the view is great!

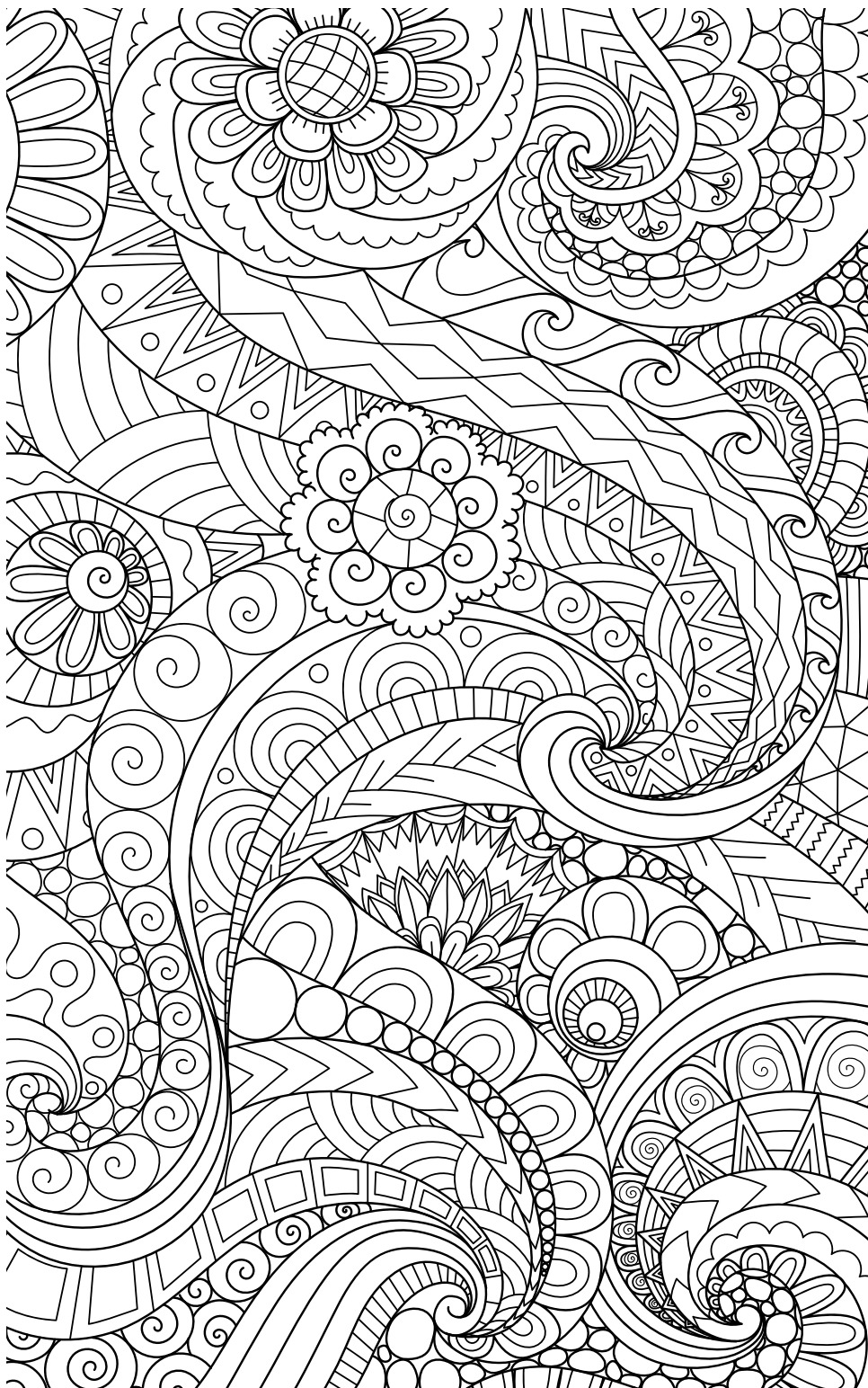




**"YOU ARE
STRONG AND
BRAVE AND
CAPABLE."**

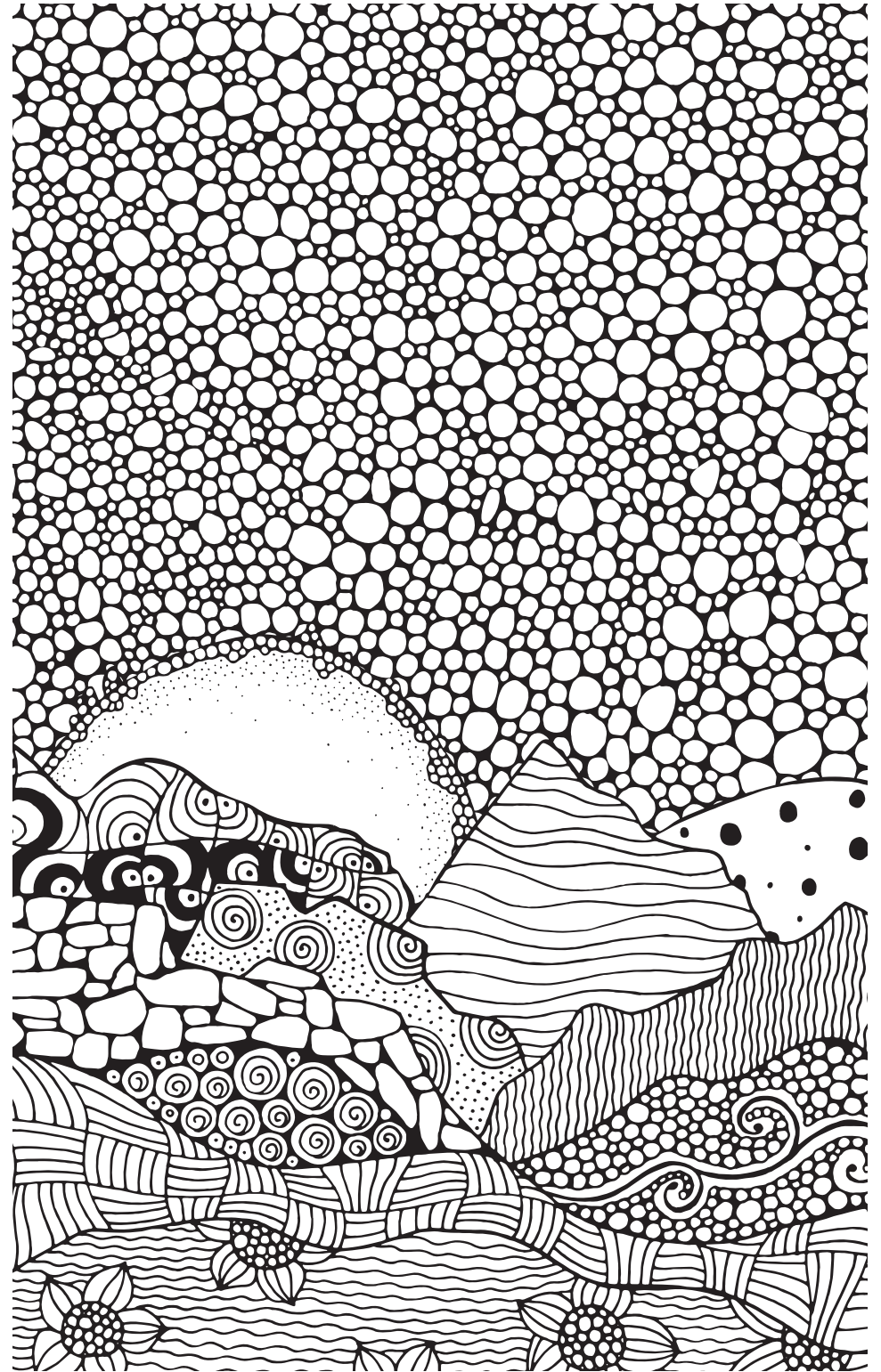
—another rare epilepsy sibling

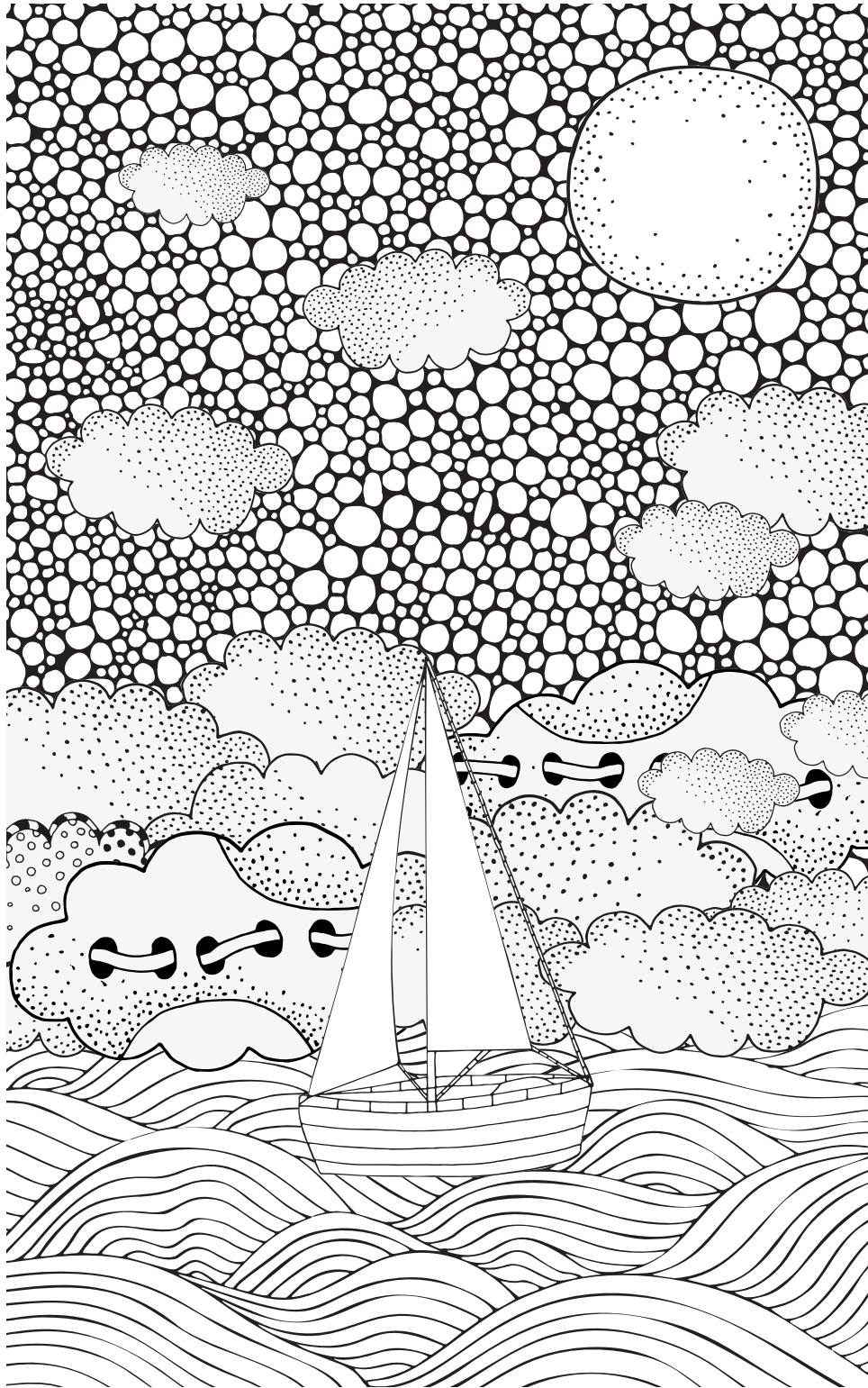




What is something that you did
THAT YOU ARE PROUD OF?

[illegible]

[illegible]



Who do you trust the most **AND WHY?**

[illegible]

WHAT MAKES YOU
FEEL TRULY **ALIVE**?

[illegible]

**WHAT ARE YOU
AFRAID OF?**

[illegible]

Tear out pages to use to
WRITE A LETTER, STORY, OR POEM
to members in your family. ➡

**"RARE EPILEPSY
HAS IMPACTED
MY FAMILY
IN MANY WAYS.
BUT THAT'S NOT
ALWAYS A
BAD THING."**

—another rare epilepsy sibling

TO:

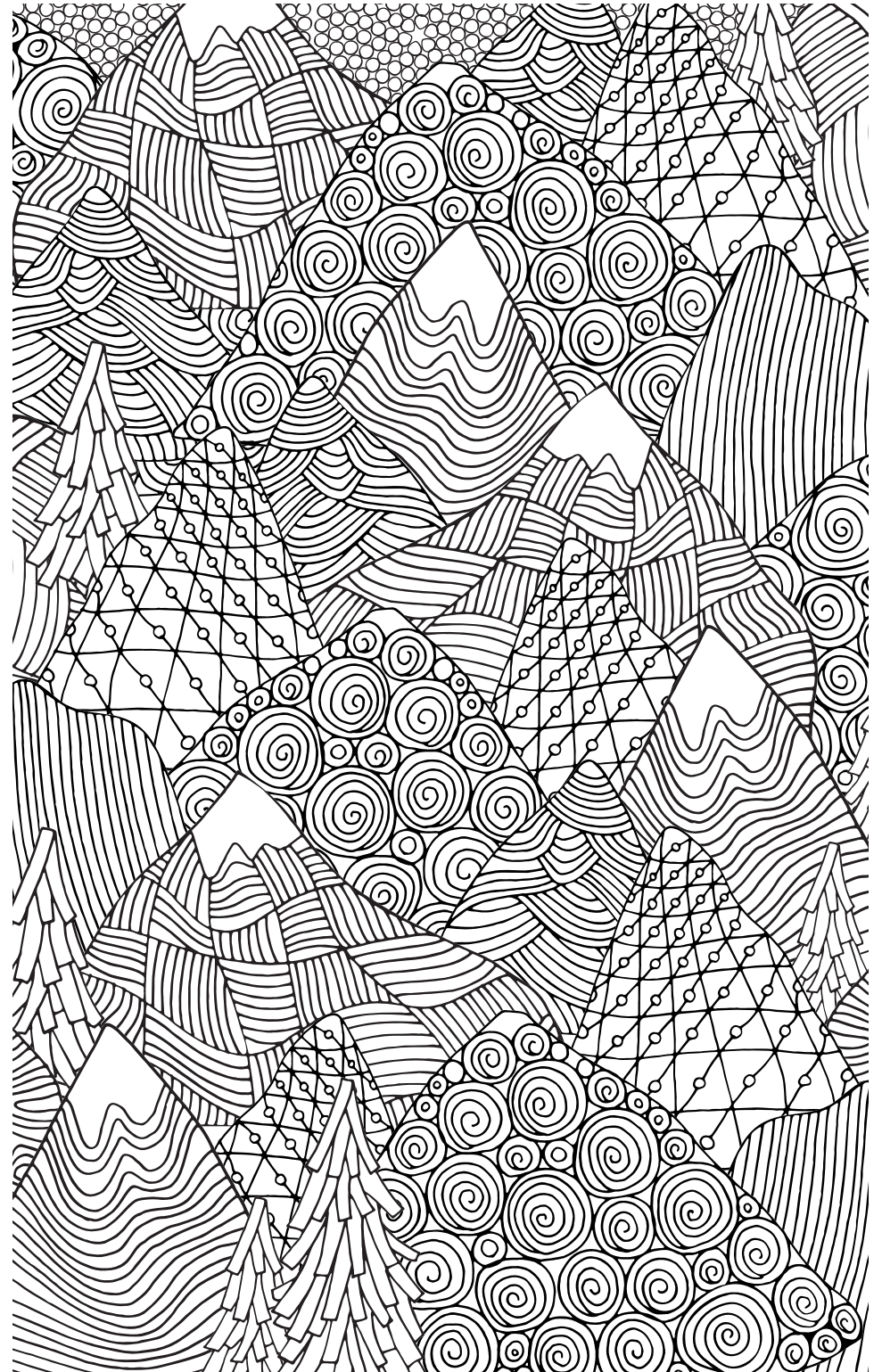
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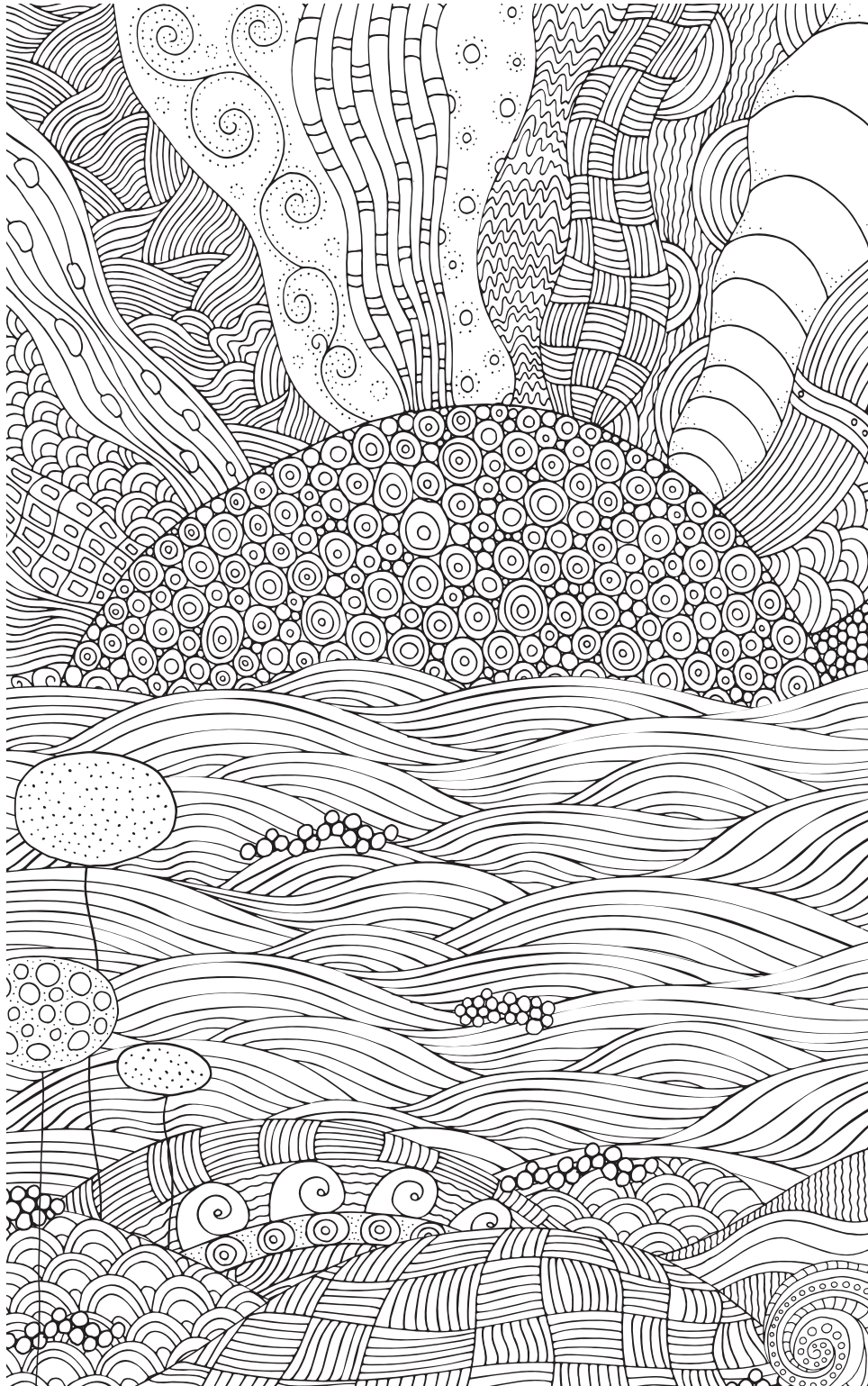
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TO:

FROM:

FROM:



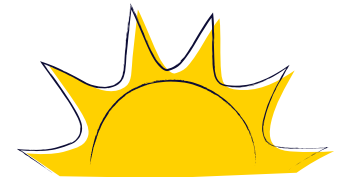


**"I'M SURE YOU
LOVE YOUR SIBLING
MORE THAN ANYTHING
IN THE WORLD, LIKE
I DO, BUT YOU ARE
ALSO YOUR OWN
PERSON WITH YOUR
OWN IDENTITY."**

—another rare epilepsy sibling

[illegible]

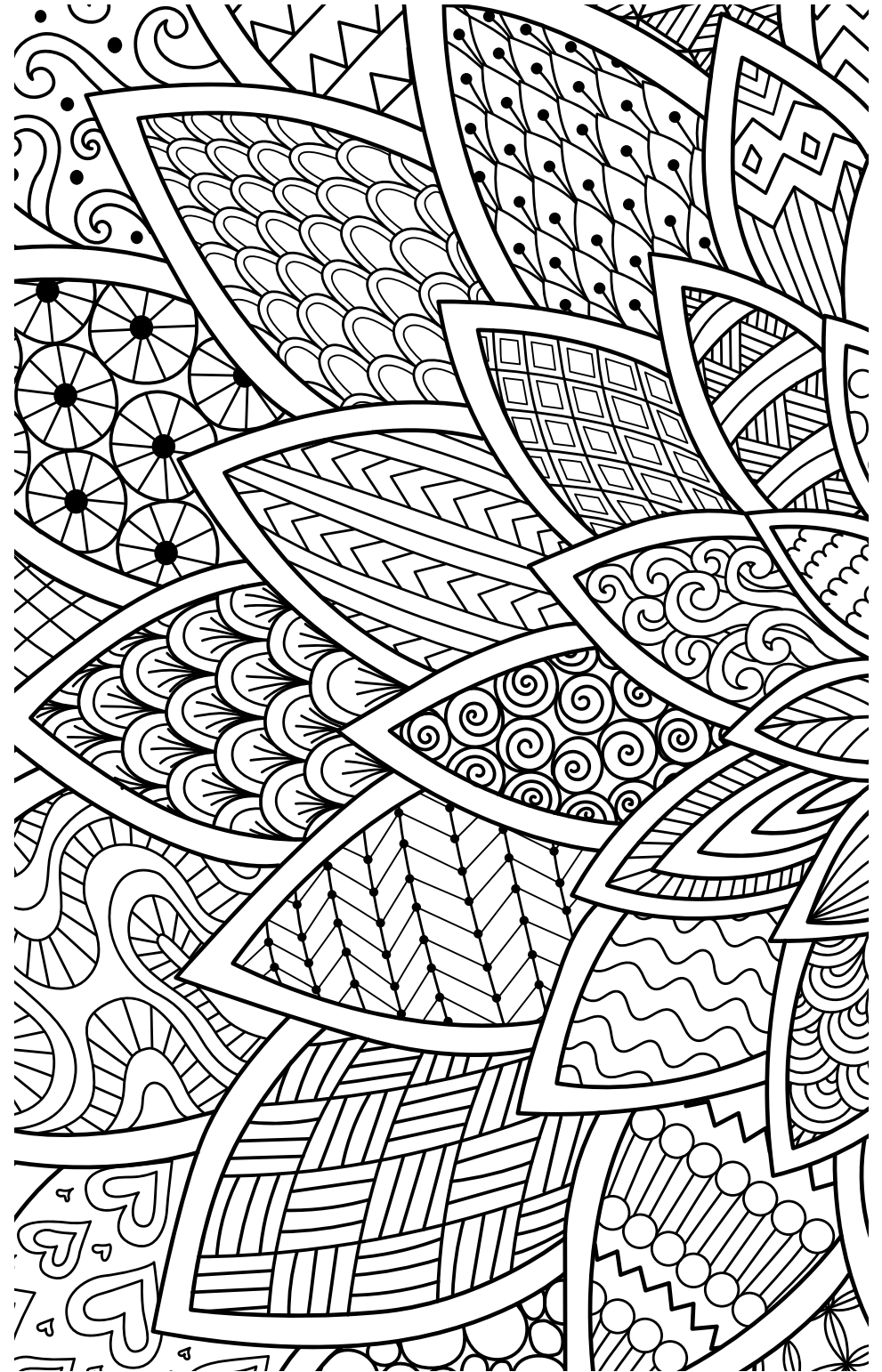
This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and extend across the width of the page. In the bottom right corner, there is a stylized yellow sun with black outlines for its rays and face. The sun is partially cut off by the edge of the page.

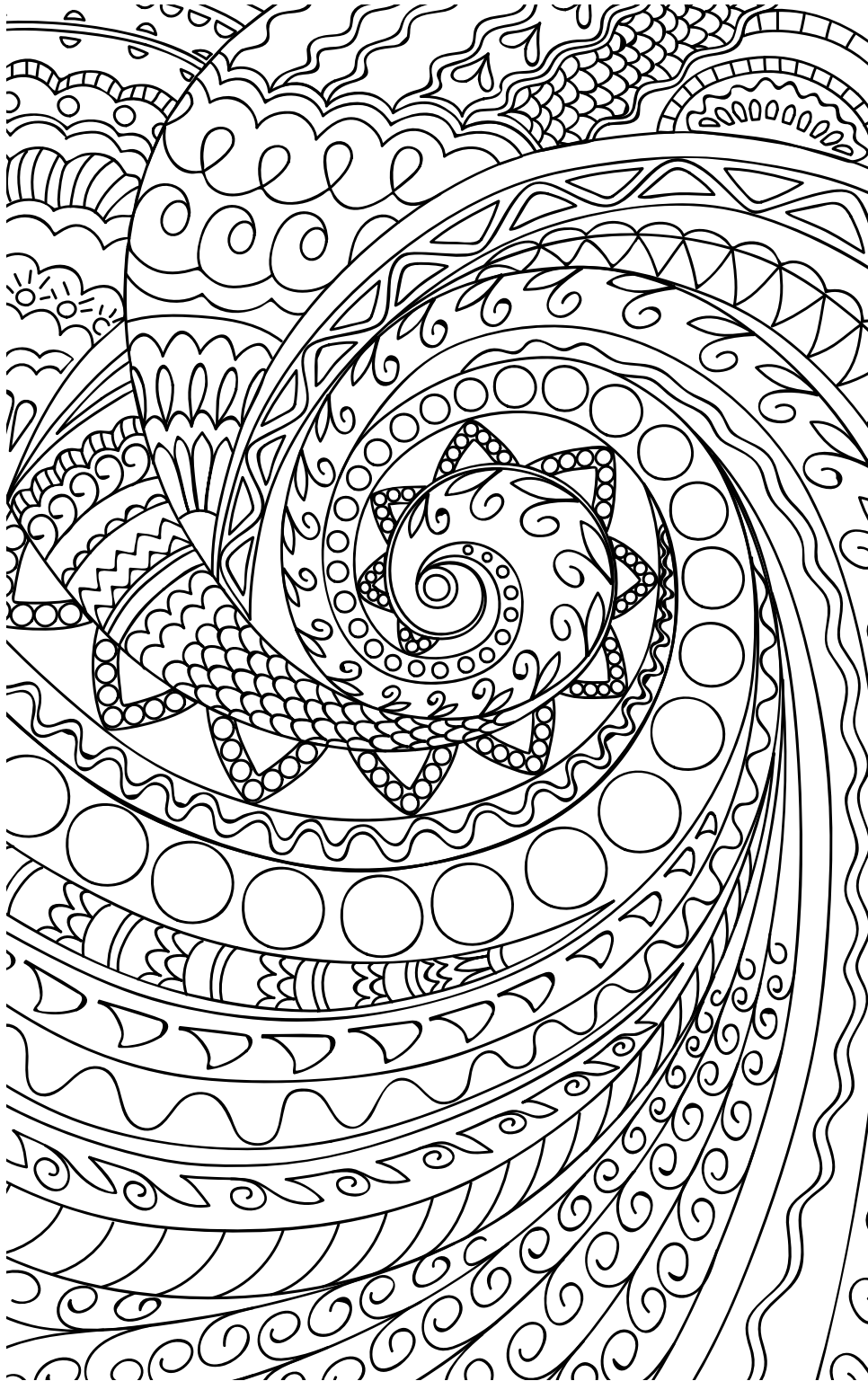


Who can you share that with?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.[illegible]

(How would you use your expertise?)

[illegible]



WHAT IS COURAGE?

[illegible]



Proud sponsor of the
VIP Sibling Project:

 Inspired by **patients.**
Driven by **science.**



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