

Siblings can become strangers too

How can I nurture this relationship today?

Nobody decides to become a stranger to a brother or a sister. Life gets busy: you grow up, you move away, you build your own family. And slowly, the paths that once crossed every day start going in different directions. This page is for seeing where you are with them now, and choosing one way back.

Date _____

Name _____

PART 1

Where we are now

Choose one sibling for this page. You can come back and do it again for another.

The sibling I am thinking about

Right now, we are...



What has come between us

Tick every one that fits.

- | | |
|--|--|
| ☐ Life got busy | ☐ We only talk at family gatherings |
| ☐ We live far from each other | ☐ Something happened that we never talked about |
| ☐ My own family and work take everything I have | ☐ I have been waiting for them to reach out first |
| ☐ Something else: _____ | |

PART 2

What we had

Growing up together means you were never truly alone. Go back there for a moment.

A memory with them that still makes me smile

What I miss about how we used to be

PART 3

Who they are today

Make time to actually see who they are becoming.

What I really know about their life right now: what they are working toward, what worries them

What I have been assuming about them, instead of asking

Three things I would like to ask them

1

2

3

PART 4

My side of it

Not to blame yourself — to see it truthfully.

A moment when I took this relationship for granted

One thing I need to acknowledge, or say to them

PART 5

One way back

A relationship is nurtured in small, repeated things. Choose one.

The step I will take

- ☐ Gather — call or message them, only to connect
- ☐ Reminisce — send them a memory or an old photo
- ☐ Open up — ask about their dreams, and share mine
- ☐ Water — put a regular time together on the calendar
- ☐ My own step: _____

This week I will...

When I will do it

when you finish

Siblings become strangers slowly, one busy week at a time. They come back the same way: one message, one call, one visit. You just chose yours.