

FRIENDSHIP SMART

MY IMMOVABLES WORKSHEET INSTRUCTIONS

An immovable is something an adolescent uses to steady themselves when friendships feel rocky. This worksheet becomes a simple 'cheat sheet' they can return to when they need to feel anchored.

Instructions: Use the worksheet on the next page to create your adolescent's personal set of immovables. Complete each row from left to right, one at a time.

My Immovable

In each category (people, routines, places, objects), list three things they can rely on when friendships feel unsteady.

What It Offers

For each immovable, choose the role it plays:

Protection — increases their sense of safety and helps their body settle

Perspective — helps them think clearly and see the bigger picture

Grounding — steadies emotions and helps them return to themselves

If you're not sure, use these questions to guide your thinking:

Protection:

- Does it increase their sense of safety?
- Does it help their body rest and regulate?

Perspective:

- Does it open their mind to other possibilities?
- Does it help them see the bigger picture?

Grounding:

- Does it steady emotions and lower the temperature?
- Does it help them return to themselves?

How It Helps

Add a short note about how this shows up in their everyday life.

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MY IMMOVABLES WORKSHEET

Category	My Immovable	What it Offers	How it Helps
People			
Routines			
Places			
Objects			