

## Body Doubling Guide

Body doubling is a strategy where two people work side by side on individual tasks, in person or virtually, to help increase focus, motivation, and follow-through.

We heard from many people, especially those with neurodivergent experiences, that this approach can be helpful because it adds structure, gently supports momentum, reduces distractions, and makes tasks feel more manageable.

Of course, everyone's needs and preferences are different. Body doubling might work well for some tasks, some days, or with certain people, but not always. It's something to try out and adapt.

### Why it can help

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- Provides structure** ..... ➔ A scheduled time and shared space can make it easier to start and stick with a task.
- Encourages follow-through** ..... ➔ Having someone nearby can increase commitment to the task, not out of pressure, but out of shared presence.
- Reduces distractions** ..... ➔ It's often easier to stay focused when anchored by someone else who is also working.
- Eases overwhelm** ..... ➔ Sharing space, even silently, can make solo tasks feel less daunting.
- Boosts motivation** ..... ➔ For some, showing up for another person helps them also show up for themselves, especially when done in a supportive, low-pressure way.

### Tips for getting started

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- Choose the right person** ..... ➔ Someone who understands how to body double and can work calmly alongside you.
- Clarify your task** ..... ➔ Define what to work on and break it into smaller steps ahead of time if possible.
- Set a clear start and end time** ..... ➔ Keep it manageable and consider building in breaks to recharge.
- Pick a good environment** ..... ➔ Try to choose a space that supports focus and has everything that is needed within reach.
- Communicate expectations** ..... ➔ Let the body doubling partner know what you plan to work on, for how long, and what might be supportive.
- Reflect and adjust** ..... ➔ After the session, think about what worked well and what to tweak next time.