

BODY DOUBLING FOR ADHD

Enhance Your Focus
& Productivity



THE CENTER FOR LIVING WELL
WITH ADHD

What is Body Doubling?

Body doubling is a strategy where you work alongside another person, either in person or virtually, with the goal of increasing your focus and productivity. The presence of someone else serves as a form of external accountability, which can be particularly beneficial for individuals with ADHD.

Why Body Doubling Works Well for ADHD



External Structure: ADHD often leads to difficulties in maintaining consistent routines and structures. Body doubling provides an external structure by setting specific times for focused work, helping individuals with ADHD organize their tasks.



Accountability: Having someone else present makes you more likely to stick to the task at hand. Knowing that someone is watching or expecting you to work can boost your commitment and decrease the likelihood of distractions.



Reduced Procrastination: The presence of a body double helps reduce the temptation to procrastinate, as you're less likely to engage in impulsive behaviors that divert your attention away from tasks.

How to Optimize Body Double Time



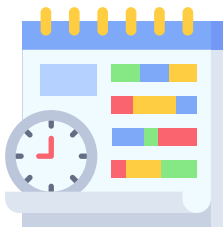
Choose the Right Partner:

- Select someone who understands your goals and the importance of the task.
- Find a partner who can maintain a focused environment and won't become a distraction themselves.



Set Clear Goals:

- Define the tasks you want to accomplish during the body double session.
- Break tasks into smaller, manageable steps to avoid feeling overwhelmed.



Establish a Schedule:

- Set specific start and end times for the body double sessions.
- Use timers or alarms to signal when it's time to begin and wrap up.



Create a Productive Environment:

- Choose a workspace that's free from distractions.
- Ensure you have all necessary materials ready before the session starts.



Communicate Expectations:

- Discuss the purpose of the body double session with your partner.
- Let them know whether you need active engagement, periodic check-ins, or simply their presence.



Stay Accountable:

- Regularly update your partner on your progress.
- Share achievements and challenges to keep yourself accountable.



Take Breaks:

- Plan short breaks within the body double session to prevent burnout.
- Use breaks for quick stretches, deep breathing, or other activities that recharge you.



Reflect and Adjust:

- After the session, reflect on what went well and what could be improved.
- Adjust the schedule, approach, or partner if necessary.

In Conclusion

Body doubling is a powerful strategy for individuals with ADHD to enhance focus, productivity, and task completion. By leveraging external accountability and a structured environment, you can optimize your work sessions and achieve greater success in managing your tasks and responsibilities. Remember that each person's experience is unique, so feel free to adapt and customize this technique to best suit your needs.

We Can Help!

Are you looking to experience the power of body doubling firsthand?

Join our **FREE Coach-supported body double clinics** designed for individuals with ADHD!

We're excited to offer you a unique opportunity to conquer your tasks, beat procrastination, and achieve new levels of productivity—all while receiving expert guidance and coach support.



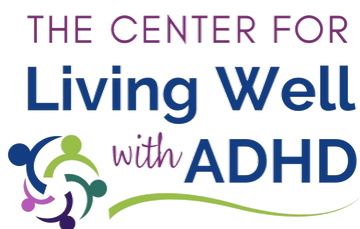
Learn more about our Body Double Clinics [here](#).



At the **Center For Living Well with ADHD**, we regard individuals with ADHD as bright and gifted with the ability to accomplish their goals and contribute in significant and unique ways. Having ADHD does not mean you are doomed to a lifetime of challenges, frustration, and playing small. Nor is it an indicator of bad character, laziness, or low intelligence.

We Believe You are Wired to Win™ with Your ADHD!

Having ADHD indeed creates some challenges with day-to-day life. But also true is that understanding and developing awareness about ADHD, learning to leverage your strengths, and exploring the best strategies and approaches to manage the challenges with ADHD is a game changer!



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