

# Using Body Doubling to Complete Tasks



## HOW CAN YOU USE BODY DOUBLING?



### In-Person

- ▶ **Nearby Support** – Your body double doesn't have to help you. Just having them nearby might be enough to keep you going.
- ▶ **Side-by-Side Support** – Ask your body double to do a similar task, like cleaning or folding laundry. Working on the same kind of thing can help you stay motivated.
- ▶ **Co-working Sessions** – Go to a quiet place, like a library, where other people are also working. Being around others who are focused can help you focus too.



### Online

- ▶ **Audio Only** – Talking on an audio-only call can help you feel less overwhelmed by sounds and sights, while still giving you a sense of motivation.
- ▶ **Video Sessions** – Watching someone else work on a screen can give you the push you need to start and finish your own tasks.
- ▶ **Co-Working Communities** – There are online groups for autistic people that are made just for body doubling which help you focus on your tasks.

## HOW CAN YOU MAKE BODY DOUBLING WORK FOR YOU?

Body doubling works best when you and your double talk about what to expect before you start. Here are some tips to make it work well:

- ▶ **Set the rules** – Before you begin, talk about what you want from your body double. Tell them how they can help you best, and what you do or don't want them to do.
- ▶ **Be supportive** – It's very important that your body double is helpful and kind. Pick someone you feel good with and who won't judge you.
- ▶ **See each other** – Body doubling works better when you can see your double. If you're online, turn on your cameras and check in with each other while you work.
- ▶ **Use a timer** – Thinking about how long a task takes can feel too much. Instead, set a timer for a short time to help you focus. When the timer goes off, take a break.



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### HOW CAN YOU FIND A BODY DOUBLE?

If you need help finding a body double, here are some places to look:

- ▶ **Family and close friends** – They can be good body doubles because you already trust and support each other.
- ▶ **Other autistic people** – They understand how hard it can be to finish tasks and deal with too much noise or stimulation. They might also be looking for support.
- ▶ **Disability groups** – These groups may have staff or volunteers who can help you stay focused on a task.
- ▶ **Online body doubling websites** – These sites can match you with someone who is also looking for support.

### WHEN DOES BODY DOUBLE NOT WORK?

Body doubling doesn't work for every autistic person. The idea is that having someone nearby helps you feel calm and focused. But if having someone around actually makes you feel more stressed or anxious, then body doubling probably isn't right for you.

Here are a few other times when body doubling might not be a good choice:

- ▶ The other person talks too much.
- ▶ The task needs to be done alone (like meditation).
- ▶ There is no clear plan or structure for what you're doing.



### RESOURCES

These additional resources may be helpful in learning more about body doubling and how you can use it in your own life.

- ▶ **Body Doubling: A Guide for Neurodivergent People**  
<https://www.mhm.org.uk/body-doubling-what-it-is-why-it-helps-and-how-i-use-it>
- ▶ **“Body Doubling” for Autistic Adults: Why It Works & How to Use It**  
<https://neuronav.org/self-determination-blog/body-doubling-autistic-adults>
- ▶ **How a Body Double Can Help You Focus and Be More Productive**  
<https://www.thriveautismcoaching.com/post/how-a-body-double-can-help-you-focus-better-and-be-more-productive>
- ▶ **What is Body Doubling?**  
<https://autismawarenesscentre.com/what-is-body-doubling/>
- ▶ **What Is Body Doubling for Autism and Why Does It Help?**  
<https://scienceinsights.org/what-is-body-doubling-for-autism-and-why-does-it-help/>