



What is Body Doubling?

Body doubling means having another person nearby while you work on a task. This person is called a “body double.” They don’t help you with the task. They don’t watch over you, give instructions, or lend a hand. Their only job is to be there to be a calm, steady presence that helps you get started or keep going. Things that feel big or hard to handle alone can feel easier when someone else is close by.

BODY DOUBLING CAN HELP IF YOU:

- ▶ are recovering from burnout.
- ▶ have trouble starting or finishing tasks.
- ▶ feel overwhelmed by what you need to do.
- ▶ get stuck in cycles of putting things off or avoiding them.
- ▶ feel worn out by masking.
- ▶ feel lonely and want support to feel less isolated.



HOW DOES BODY DOUBLING WORK?

Body doubling can help make tasks feel easier. It gives support and can help your brain stay focused. It may make tasks feel less stressful, help when you feel overwhelmed by too much information or sensory input, and create a routine that feels more predictable and comfortable.

Body doubling can be helpful for you and other autistic people for several reasons:

- ▶ **Focus:** Having another person nearby can help you pay attention and stay focused on what you are doing.
 - ▶ **Feeling Calm:** When you feel stressed or overwhelmed, a calm person nearby can help you feel safer and more relaxed.
 - ▶ **Support to Get Started:** Having someone with you can make it easier to start a task. Their presence can help you stay on track without making you feel pressured.
 - ▶ **Less Mental Work:** A body double can help you think through a task or break it into smaller steps. This can make getting started feel easier.
 - ▶ **Working Together:** Seeing someone else working quietly can help you keep going and follow a steady routine.
- All these things can make body doubling a useful tool for helping you and other autistic people get things done.

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WHAT IS THE ROLE OF A BODY DOUBLE?

These are a few things a body double can do to help you.

- ▶ **Work with you** – A body double can do a task next to you when you don't want to do it alone. For example, if you don't like going to the gym, support staff can go with you and exercise along side you.
- ▶ **Work on the same task next to you** – A body double can work on the same kind of task or a similar one right beside you. For example, if you're doing schoolwork, someone can sit with you reading or studying their own work.
- ▶ **Keep you company** – A body double can go with you while you do a task you don't like to help you feel motivated. For example, instead of doing laundry by yourself, a friend can go to the laundromat with you.



- ▶ **Nearby but doing their own thing** – A body double stays close to you while you do your task, but the body double is working on something else. For example, you work on homework at the kitchen table while a parent cooks dinner nearby.

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/>