

FIVE BENEFITS OF BODY DOUBLING FOR ADHD ADULTS



1



YOUR FOCUS IMPROVES

Recognizing someone else is there with you who is also completing a task gives a sense of unspoken "pressure" to finish.

2



YOU FEEL LESS ISOLATED

Your body double anchors you reminding your brain that it's time to stay focused and work.

3



YOU LEARN EFFECTIVE TIPS

Mirroring helps you focus. If you learn by seeing or doing, a body doubles 'models' a focused work bout.

4



YOUR MOTIVATION INCREASES

Sharing your completed tasks with your body double and puts your "people pleasing" tendencies to use.

5



YOUR ACCOUNTABILITY IMPROVES

Scheduling a time to work with a body double forces external accountability to complete those niggly tasks.