

Body Doubling & Accountability Planner

Build a personalised body-doubling and accountability system for tasks that feel impossible to do alone.

Name: _____ Date: _____ Clinician: _____

What is body doubling? Body doubling is the practice of working in the presence of another person (in person or virtually) to help regulate attention and motivation. For many ADHD and autistic brains, another person's presence makes tasks possible that would otherwise feel impossible alone.

MY BODY DOUBLING PROFILE

	Never	Rarely	Sometimes	Often	Always
I work better when someone else is in the room, even if they are not helping			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I struggle to start or sustain tasks when I am completely alone			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Having someone watch me work feels motivating rather than stressful			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Virtual body-doubling (video call, co-working stream) is helpful for me			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have used body-doubling effectively in the past			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MY BODY DOUBLING PLAN

Tasks that I most need body-doubling for:

People in my life who could body-double with me:

Virtual body-doubling resources I want to try (e.g. Focusmate, YouTube lo-fi streams):

My ideal body-doubling setup (location, duration, level of interaction):

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ACCOUNTABILITY STRUCTURES

My accountability partner (if applicable):

How we will check in (frequency, method):

What I will share with them (goals, progress, blockers):

One accountability structure I will set up this week: