

ADHD Body Double Check-In Worksheet

Ask for a short, specific body-double or accountability check-in that makes one task easier to start.

What's the support problem right now?

Choose one small request. A body double is shared presence, not a performance review.

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| ☐ I need help starting but do not know how to ask. | ☐ I ask for accountability but the check-in is too vague to help. |
| ☐ I feel embarrassed needing someone nearby. | ☐ I start with support but drift when it ends. |
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Write only enough to begin

My two-minute action is:

The first round is done when:

If I stop, the next visible move is:
