

Coaching ADD with Sharon

Newsletter #13

Body Double

May 15, 2007

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Dear Friend,

ADD coaching can be an important step in working through the issues of attention deficit disorder. Medication can help with focus, but it does not improve issues such as disorganization, time management, forgetfulness and rumination. Coaching helps you through these issues one step at a time to improve your overall quality of life.

Coaching can be a positive component of a multi-modal treatment plan. Read the information below, use it and share it with a friend or family member who may be dealing with the frustrations of ADD. Refer to my web site at www.coachingaddwithsharon.com for additional information about me and how coaching can help you.

Those of us with attention deficit disorder often find it difficult to settle down to the tasks we do not like to do. It could be bill paying, letter writing, paper sorting or certain tasks at work. Students can have the same problem with regard to completing homework. A possible solution to this issue is what is called a **Body Double**.



Body Double



A **Body Double** is someone who sits in the same room with you and simply keeps you company while you complete a task. They sit quietly, possibly reading or doing some other simple task. It is the presence of another person in the room that allows the ADDer to settle down to and complete the task at hand.

There are a couple of theories for why the presence of a body double works. Because people with ADD procrastinate and have a problem settling down to tasks that they find either boring, difficult or anxiety producing, they need help in disciplining themselves to do so. It could be that the presence of another person in the room is grounding, almost like an anchor. It may create the feeling that "I can't leave the room until I have finished."

Another possible explanation is that the body double serves as a balancer or barrier to help contain the vast amounts of energy in the ADD brain and body, much like a chi (energy) balancer. It could also be that the body double serves as a mirror or a reflection of the ADD person's distraction, allowing them to settle down and concentrate on the task at hand.

I am not certain if any of these are the explanation for my own situation. I used to think that it was just that I did not like being alone. But I do know that I am much happier and accomplish much more when there is someone else in the room with me.



So, where do you find a body double? It could be a member of your family, if they are willing to spend time sitting quietly with you. If this is not possible, hire someone. It could be a retired neighbor with time on their hands, or a local student. If you are looking for a body double for your child, an older student usually works well. They may even be able to help with some homework. Just make sure that they can sit and be quiet for a period of time and not interrupt what you are working on.

If this strategy interests you, I encourage you to try it. And remember if this concept seems a bit strange, the important thing is that if it works for you, that's what matters!

"Don't Let What You Can't Do Get In The Way Of What You Can"

Getting Help

Coaching is a non-judgmental partnership that focuses on guiding you toward actions to improve the quality of your life. Sessions begin with what the client feels is their biggest challenge and works toward discovering strengths and talents and creating strategies for change. If you are ready to improve your life, I can help. Visit my web site www.coachingaddwithsharon.com or email me at sharonh75@optonline.net.

If you have missed any of my newsletters or want to refer back to them, they are now on my website.

I'm Interested in Hearing From You!

As part of my bi-weekly newsletter, I would like to know if you have questions or experiences to share. Other readers can benefit from answers to the questions or situations you have successfully dealt with. Please e-mail me at sharonh75@optonline.net and I will try to include your questions and/or situations anonymously in future newsletters.

Sharon Howell

A handwritten signature in cursive that reads "Sharon Howell".

Quick Links...

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- [ADDA \(Attention Deficit\)](#)
- [CACLD \(CT Association for](#)

Disorder Association)

Children & Adults w/Learning
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- Dr. Daniel Amen and the Amen
Clinics

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