

[Sometimes]

IT TAKES

by Greg Riccardi

LIKE MOST PEOPLE WITH ADHD, my particular brand of it continually blesses me (*wink, wink*) with a to-do list five times longer than the average non-ADHD person. And with that list comes the really bad habit of procrastination.

I've known about my ADHD for twelve years now, but after building and losing a successful business, I've been actively learning about ADHD for the past four years. Now I realize that it affects not only every area of my life, but every decision I make, and most emotions I experience.

What is particularly exacerbating about procrastinating is that it sets off an endless no-win cycle. At some subconscious level, I fear that if I actually start on one project, someone will be upset with me for not tackling one of the other items first. Of course if I fail to take the first step on any one project for fear of neglecting another, I never finish anything. It's a vicious, frustrating cycle.

On November 30, 2014, I was having a particularly bad spell of procrastination. It was a Sunday afternoon, and the frustration of just sitting there doing nothing took me to my breaking point. I had accomplished a lot in the past with body doubling, a concept introduced to me by ADHD coach Cindy Giardina. Researching the topic that afternoon, I came across a YouTube video about body doubling published by Florida ADHD coach Jeff Copper, and it inspired me to take action.

I went to Facebook, and posted a request in a private ADHD group. I asked if anyone would be a body double for me, if in return I did the same for them. Someone named Tom replied to my post saying this sounded like just what he needed as well. We traded contact information and got in touch with each other by phone.



WHAT IS BODY DOUBLING?

In simple terms, it's merely being in the same room with another person who is having trouble getting things done on their own. As a body double, you don't need to help or even say anything. All you need to do is just be there in the room, and through some invisible power, the other person is able to focus and finish their work. Buddies can do this over the phone for hours, simply keeping the line open—sometimes speaking, but mostly just silently being there.

TWO

Online Body Doubling



Greg Riccardi ▸ **ADULT ADHD PRIVATE FORUM**
November 30, 2014 • Allendale, NJ

WASTING TODAY, TOO? I need a buddy to hold me accountable, in return for the same favor. Let's compare to-do lists and check in on a regular basis. Who's in? Comment or PM me. Thanks. I only need ONE, so I'd be happy to play matchmaker with the extra respondents!

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In the six weeks that have followed, the results have been indescribably positive. Tom and I set up a fairly loose, but regular, structure of contacting each other, relaying our goals, and helping each other achieve our goals through regular check-ins. We typically talk briefly two or three times per day during the week, and body double with each other at least once or twice per week over the phone.

The results have been nothing short of incredible. In just the first week, I accomplished two tasks concerning my taxes, and they had been on my to-do list for six months. Tom has had similar results, and we've freed up our time and consciousness for other things on which we'd rather spend our time.

Speaking of consciousness, the frequent check-ins have given us a heightened awareness of what we're trying to accomplish. This awareness helps us make much better decisions in the moment, on our own. We often joke that we're not going through our days alone; we're going through them together, side by side.

If you think a body double might help you tackle that to-do list, reach out for that help. It's great to find someone who has ADHD, but it's not absolutely necessary. Offer to do the same in return for that person and see where it goes. Check out my private Facebook group called ADHD Body Doubles. You can join and potentially be matched up with a helpful, and even grateful, body double. 🗨️

Greg Riccardi, a sales professional who lives in Northern New Jersey, credits his ADHD for his additional pursuits: video production, marketing, and voiceovers. Contact him at greg@gregriccardi.com.