



Body Double Scorecard

Company for some tasks, silence for others. Test one task at a time and let the check marks tell you which is which.

The test

TASK I KEEP AVOIDING	WHO WAS AROUND	WITH COMPANY	ALONE	VERDICT
		☐ started ☐ stayed	☐ started ☐ stayed	easier / harder / same
		☐ started ☐ stayed	☐ started ☐ stayed	easier / harder / same
		☐ started ☐ stayed	☐ started ☐ stayed	easier / harder / same
		☐ started ☐ stayed	☐ started ☐ stayed	easier / harder / same
		☐ started ☐ stayed	☐ started ☐ stayed	easier / harder / same
		☐ started ☐ stayed	☐ started ☐ stayed	easier / harder / same
		☐ started ☐ stayed	☐ started ☐ stayed	easier / harder / same
		☐ started ☐ stayed	☐ started ☐ stayed	easier / harder / same

Needs company

Needs silence

Substitutes worth testing

- ☐ A podcast that doesn't want my full attention
- ☐ A pet in the room
- ☐ A coffee shop or library
- ☐ Someone in the next room
- ☐ A quiet video call, camera optional
- ☐ Taking the task to where someone already is

The ask is small: "Keep me company, you don't have to help." Not helping, present. Expect a mixed scorecard. The same week can need a person in the room for filming and an empty house for writing, and neither one is the wrong answer.