5.3

WORKSHEET · CHAPTER 5

Body double menu

Someone who's there while you do it, without helping. Only when it's voluntary. Company, not supervision.

	FROM THE MENU	WHO, AND WHEN
☐	Someone in the room	
☐	Someone on the phone	
☐	A video call, mostly silent	
☐	A group that checks in	
☐	A recording or livestream	

Who not to pick, and why

On a bad day: put on a recording of someone doing the same thing, and do it alongside them.