

Body-Double Ladder

Chapter 6 • example

Five rungs, most presence to least. Take the highest one you can reach today.

Rung 1 — someone in the room, doing their own thing

J, when he's working from home. The kids at the table

after school, weirdly.

Rung 2 — someone on a call, cameras on, no talking

Ana, Wednesday mornings, we both hate admin

Rung 3 — a text to one person: "starting X now, will text when done"

my sister; she never replies and it still works

Rung 4 — a recording of myself narrating the task

the "sorting the school bags" one on my phone

Rung 5 — narrating out loud to nobody

me, in the kitchen, sounding ridiculous

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