Age: ☐ Years

Gender: ☐ female ☐ male

I am just doing _____ Time _____
(Please refer to the activity you just interrupted)

	not at all	partly	very much
• **I feel just the right amount of challenge.**	○—○—○—○—○—○—○		
• **My thoughts/activities run fluidly and smoothly.**	○—○—○—○—○—○—○		
• **I don't notice time passing.**	○—○—○—○—○—○—○		
• **I have no difficulty concentrating.**	○—○—○—○—○—○—○		
• **My mind is completely clear.**	○—○—○—○—○—○—○		
• **I am totally absorbed in what I am doing.**	○—○—○—○—○—○—○		
• **The right thoughts/movements occur of their own accord.**	○—○—○—○—○—○—○		
• **I know what I have to do each step of the way.**	○—○—○—○—○—○—○		
• **I feel that I have everything under control.**	○—○—○—○—○—○—○		
• **I am completely lost in thought.**	○—○—○—○—○—○—○		
• **Something important to me is at stake here.**	○—○—○—○—○—○—○		
• **I won't make any mistake here.**	○—○—○—○—○—○—○		
• **I am worried about failing.**	○—○—○—○—○—○—○		

	easy		difficult
• **Compared to all other activities which I partake in, this one is …**	○—○—○—○—○—○—○—○—○		
• **I think that my competence in this area is ...**	low ○—○—○—○—○—○—○—○—○ high		
• **For me personally, the current demands are ...**	to low ○—○—○—○—○—○—○—○—○	just right	to high