Anxiety when the task becomes too large.

Either than opportunities for using them, the state of boredom results, which generally fades into balance with the actor's skills! The experience is then enjoyable. When skills are great.

The state of Flow is felt when opportunities for action are in the experience is worry. The state of Flow is experienced as anxiety. When the ratio of capabilities is higher.

When action opportunities are perceived by the actor to overwhelm his capabilities.

**Model of the Flow State**

**Figure 4.1**

**Action Capabilities (Skills)**

- Anxiety
- Boredom
- Flow (Pace, Creativity, etc.)
- Worry
- Anxiety

**Challenges (Opportunities)**

**Action**
Anxiety when the task becomes too large,

and even when anxiety fades into

er than opportunities for using them, the state of boredom results, which

achievement, when skills are great,

balance within the actor's skills; the

experience is then euphoric, when

opportunities for action are

the state of flow is felt, when opportunities for action are

the experience is worry, the state of flow is not, when opportunities for action are

the result is stress is experienced as anxiety; when the ratio of capabilities is

when action opportunities are perceived by the actor to overmatch his capabilities,

when opportunities are perceived by the actor to overmatch his capabilities.

MODEL OF THE FLOW STATE

Figure 4.1

ACTION (CHALLENGES)

(opportunities)

FLOW (PIE, PRO-CREATIVITY, etc.)

Anxiety

ACTION

Challenges)

Anxiety

Boredom

Anxiety

Creativity, etc.)

PIE, PRO