	Not at all			Partly			Very much
1. I feel just the right amount of challenge	○	○	○	○	○	○	○
2. My thoughts/activities run fluidly and smoothly	○	○	○	○	○	○	○
3. I do not notice time passing	○	○	○	○	○	○	○
4. I have no difficulty concentrating	○	○	○	○	○	○	○
5. My mind is completely clear	○	○	○	○	○	○	○
6. I am totally absorbed in what I am doing	○	○	○	○	○	○	○
7. The right thoughts/movements occur of their own accord	○	○	○	○	○	○	○
8. I know what I have to do each step of the way	○	○	○	○	○	○	○
9. I feel that I have everything under control	○	○	○	○	○	○	○
10. I am completely lost in thought	○	○	○	○	○	○	○
11. Something important to me is at stake here	○	○	○	○	○	○	○
12. I must not make any mistakes here	○	○	○	○	○	○	○
13. I am worried about failing	○	○	○	○	○	○	○

Compared to all other activities which I partake in, this one is ...

Easy								Difficult
○	○	○	○	○	○	○	○	○

I think that my competence in this area is ...

Low								High
○	○	○	○	○	○	○	○	○

For me personally, the current demands are ...

Too low				Just right				Too high
○	○	○	○	○	○	○	○	○