

Situation	SEQUENCES	Perceptions	Actions	Intentions
Explanation of instructions	Exploratory investigation	Pressure increasing Sense of relative easiness	I'm listening to the instructions	Try to understand
Calculation phase 5 minutes	1) Calculation disturbed	Under time pressure	I'm going fast but I'm making lots of mistakes	Not make mistakes
		Ashamed of making mistakes in an easy task	I'm getting lost: I'm recalculating several times	Be quick
	2) Negative Spiral	Feel everything getting jumbled up in my head	I can't count any more	Not look incompetent
		Aware of my negative thoughts	I'm making repeated errors	
	3) Seeking solutions	Withdraw into self	I'm looking for strategies	Find solutions Not lose face
	4) Abandonment, resignation	Fed up, I've had enough of this	I have nothing more to say	Make the time go by
		Realize it's too much for me	I'm saying whatever comes into my head	
	2') Repeated successes	Only thinking about the numbers	I'm concentrating I'm giving one right answer after another	Not make a mistake and have to go back to the start
	3) Paradoxical liberation	Hear beep at end of countdown	I'm relaxing	Self-evaluate
		Relief Sense of failure		Leave