

Situation	SEQUENCES	Perceptions	Actions	Intentions
Entering the room		Surprise	I'm listening	Try to understand
Instructions explained	Exploratory investigation	Generally tense atmosphere Embarrassed having to talk in presence of others	I'm observing	Worry about what the others will think of me
Preparation phase 3 minutes	Preparation	Time pressure Reassured to be preparing	I'm organizing my presentation	Find and select convincing ideas
	Alternation	Stressed by long unpredictable wait for my turn	I'm listening to parts of the speeches	Find and select ideas
Others performing	-Phases of exploratory listening -Phases of isolation	Destabilized or reassured by others' performances	I'm putting myself in my bubble to repeat my speech	Keep within the time
Interview phase 2 minutes	Pressure spike	Hear my number Peak stress: I don't remember anything	I'm looking at my number I'm repositioning	Not make a fool of myself
	1) Recitation	Reassured to be doing what was planned	I'm reciting	Repeat the prepared introduction
	2) Expanding on ideas	Stressed by hesitations and things forgotten	I'm expanding on the ideas I planned	Retrieve and state the ideas I have prepared Convince the committee
	3) Time pressure	Anxious at seeing the time left	I'm watching the countdown	Know how far I've got
	4) Loss of control:	Uneasy at saying whatever comes into my head	I can't think any more	Fill the time
	Nothing more to say	Feel observed, judged	I'm searching chaotically I'm hesitating, I'm stuttering, I'm leaving silences I'm constantly glancing at the time left	Avoid gaps Look for support
		Hear beep at end of countdown	I'm relaxing	Self-evaluate
	5) Paradoxical liberation	Relief Sense of failure	I'm staying concentrated for the second task	Worry about what the others will think of me
	Alternation	Relaxation	I'm comparing what is being said with my own performance	Compare myself, try to reassure myself
Others performing	-Phases of comparative, empathetic listening -Phases of relaxation	Feeling a "knot in the stomach"	I'm sympathizing with my struggling peers I'm gloating I'm thinking of something else	Relax a bit