

Situation	SEQUENCES	Perceptions	Actions	Intentions
Mental arithmetic task	Explanation of instructions	Exploratory investigation	Pressure rising Sense of relative easiness Stressed by having to calculate in front of everyone	I'm listening to the instructions Try to understand
	Others performing	Training	Stressed by unpredictable wait for my turn Destabilized by others' performances	I'm trying to do the sums I'm assessing the difficulty of the task Get ready for my turn
	Calculation phase 80 seconds	Pressure spike	Hear my number Stress spike	I'm looking at my number I'm repositioning Not make a fool of myself
	1) Calculation disturbed	Under time pressure	I'm going fast but I'm making a lot 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 mistakes	
	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		Self-evaluate
		Relief	I'm relaxing	Leave
		Sense of failure		
	Others performing	Relaxation	I'm comparing what is being said with my performance	Compare myself, try to reassure myself
		-Phases of comparative, empathetic listening -Phases of relaxation	I'm feeling sorry for my struggling peers I'm gloating	Relax a bit
			I'm thinking of something else	
	End of task	Relieved but tense and disappointed	I'm relaxing	Leave