

Flow

Mihalyi Csikszentmihalyi

Flow is...

total involvement

immersion

deep concentration

Conditions

clear goals

immediate & unambiguous

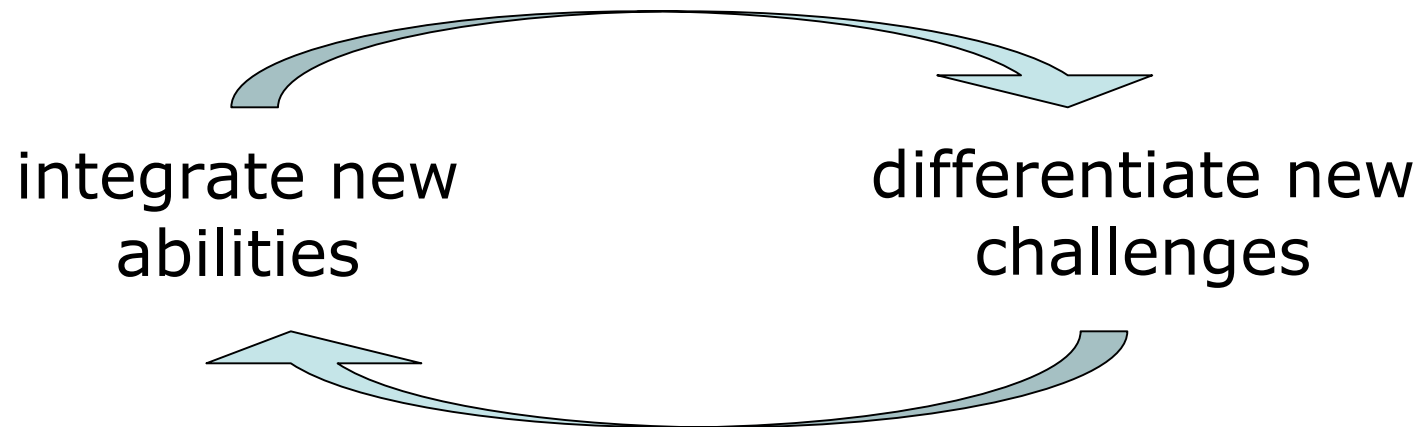
feedback

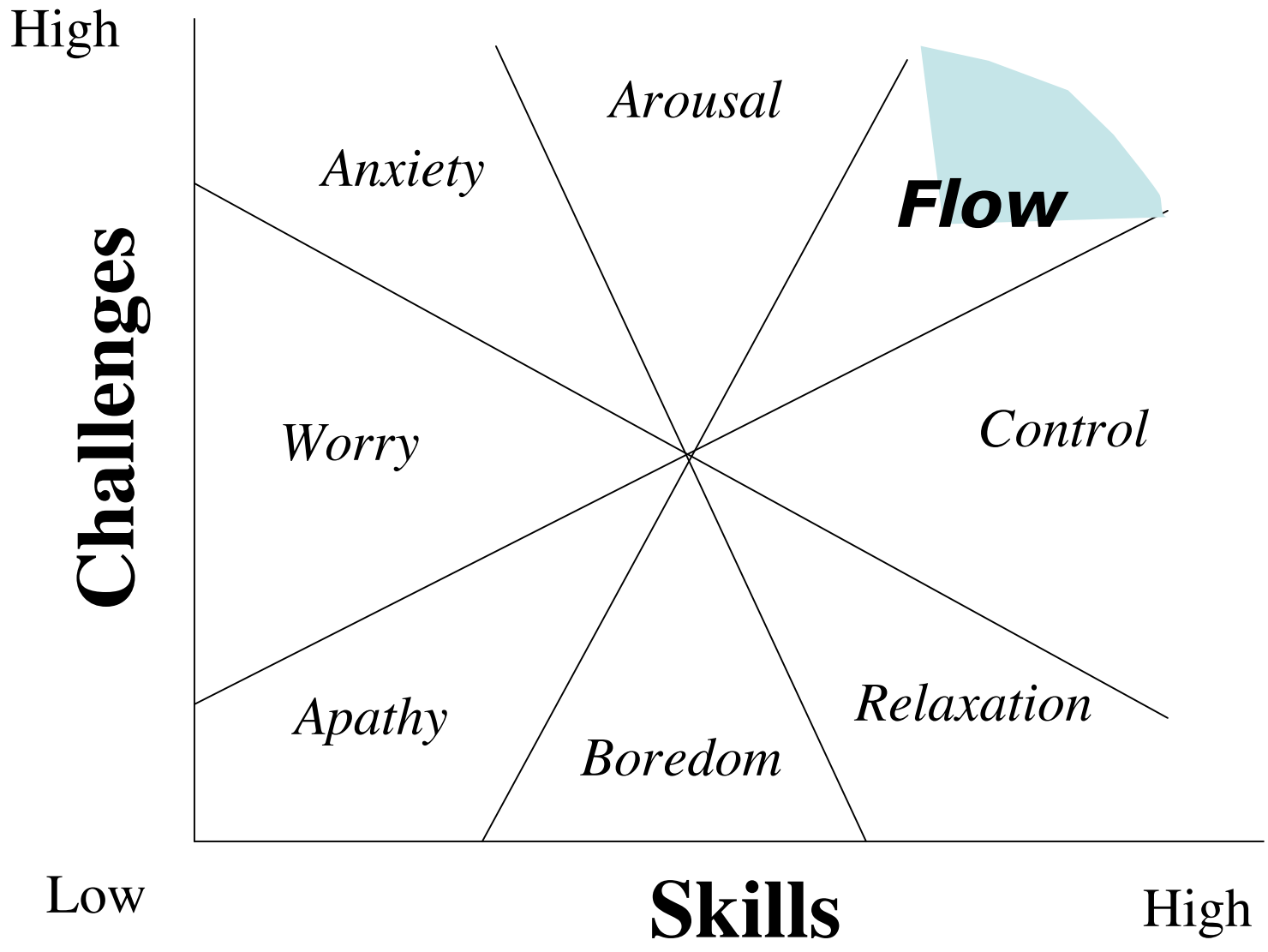
matching challenges and skills

Outcomes

autotelic activity

complexity





High

Challenges

Low

Arousal

Anxiety

Flow

Control

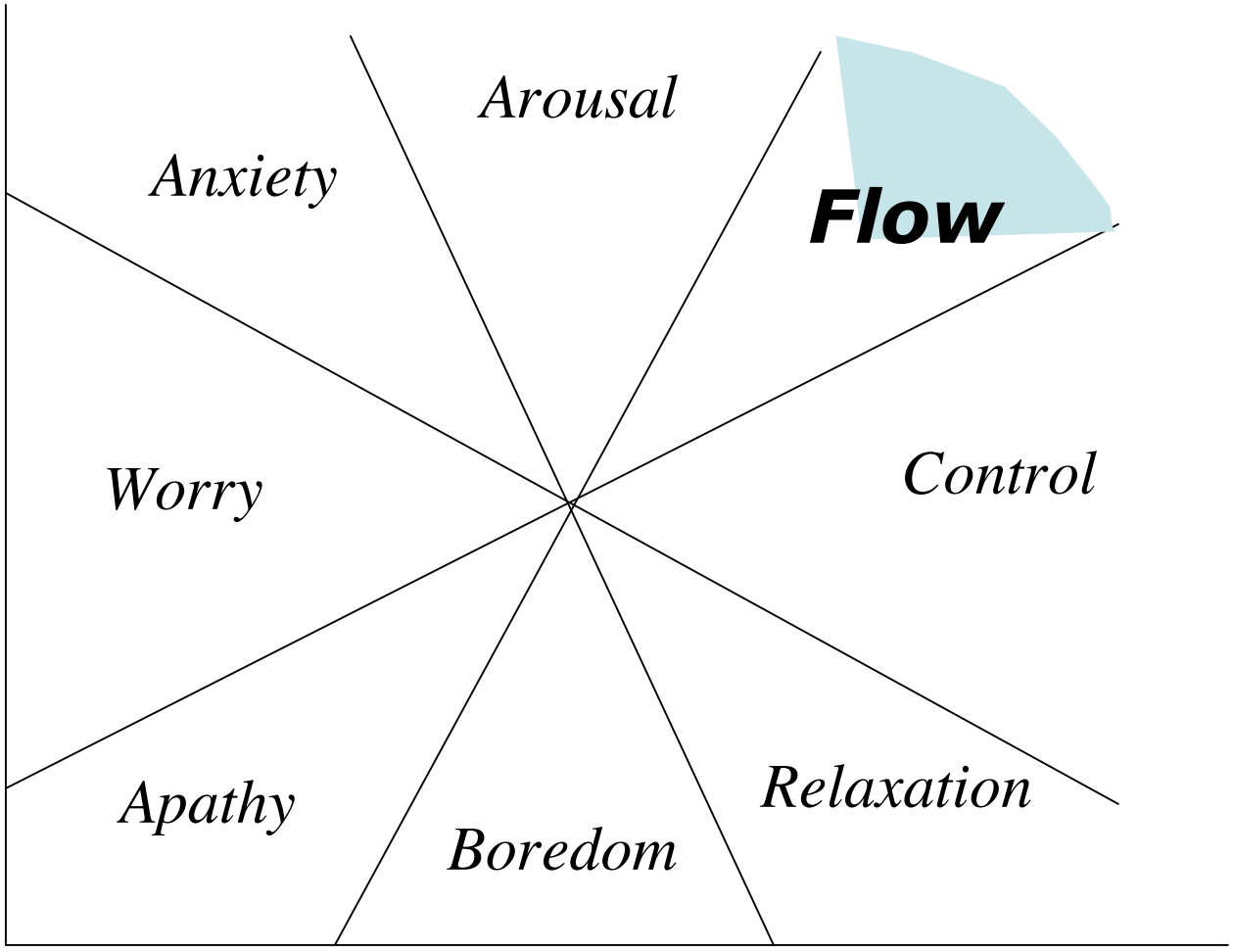
Relaxation

Boredom

Apathy

Skills

High



Measuring Flow...

interviews & questionnaires
checklist of elements & intensity
ratio of challenges to skills

“Flow hits”:

perceptions of surroundings

distractions

passage of time

control of self

frequency
degrees of freedom
significance
locus of control

