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Appendix

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APPENDIX

SATISFACTION SIGNS	ANXIETY DESCRIPTORS	MUSCLE TENSION IN	MENTAL IMAGES
relaxed	nervous	neck	Shapes
complacent	dread	jaw	dots
proficient	fearful	eyes	curves
sense of familiarity	hostile	shoulders	numbers
supported	stuck	back	symbols
encouraged	rigid, uncreative	stomach	colors
in-charge. In-control	frustrated	adrenalin rush	sizes
comfortable	all alone, isolated	blur of vision	scenes
sense of enjoyment	sense of urgency	sweaty palms, face	other
sense of doing something useful	sense of impending failure	increased blood pressure	
confident	desire for approval	fight or flight syndrome	
elated	feel in the minority	stomach butterflies	
surprise	sense of holding back	sense of euphoria	
sense of persistence	don't know enough	sense of paranoia	
sense of adequate energy	desire to finish first	taste	
sense of elation	desire to finish last	tautlie	
sense of significance	desire not to be noticed	auditory	
pride in accomplishment	desire to be noticed	smell	
feeling of having fun	feel wasting time	sensual	
sense of appropriateness	feel stupid	sigh	
zeal	vague depression	laughter	
vigor	worry about making mistake	twitching	
sense of curiosity	impulsiveness	foot, finger tapping	
	feeling of boredom	flushed face	
		wiggles	
		ball (clutched, rolled)	
		other	

Movement
 expanding, exploding
 shrinking, collapsing
 rotating, revolving
 moving
 other