

# Exploring Flow Experiences

📍 Happiness

🕒 10-15 min

👤 You

## Tool Description

### Instructions

1. The concept of flow, according to Nakamura and Csikszentmihalyi (2009) is:
  - There is intense focused concentration on the present moment and a loss of relative self-consciousness.
  - There is a sense of deep focus and effortless involvement that makes other needs negligible.
  - The experience that action and awareness are merged.
  - The activity is intrinsically rewarding.
  - There is immediate feedback on the progress as the participant engages in the activity, and the belief in potential success.
  - The goals are clear.
  - There is no concern about the judgment of others.
  - There is a sense of personal control or agency in the activity.
  - There is a sense of distortion of time (e.g. time seems to slow down or pass quickly).
2. Think of a time where you were completely absorbed and focused on what you were doing. A time when you felt positive and strong about your abilities, and were not worried about failing. Allow some time to recall this event.
3. Write about the experience on a piece of paper. Write down your thoughts, feelings, and impressions of the experience.  
Answer the following questions:

*What was going on? When was this? Where were you?*

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*Who were you with?*

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*What was happening?*

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*How or what did you feel?*

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*How did the experience start?*

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*How did you feel after the experience was over?*

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**4. Evaluate the exercise. You may address the following questions:  
How did it feel to do this exercise of recalling your flow-state?**

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*Are there more examples of activities that you recognise as flow states in your life? If so, what are these activities?*

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*Is there a characteristic that is shared by the examples that you mention? For instance, creativity may be involved in all or most of the examples. Or the activities are always carried out alone/with others.*

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*Would it be possible to do these activities more often?*

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*If so, what could be a first step to do these activities more often?*

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