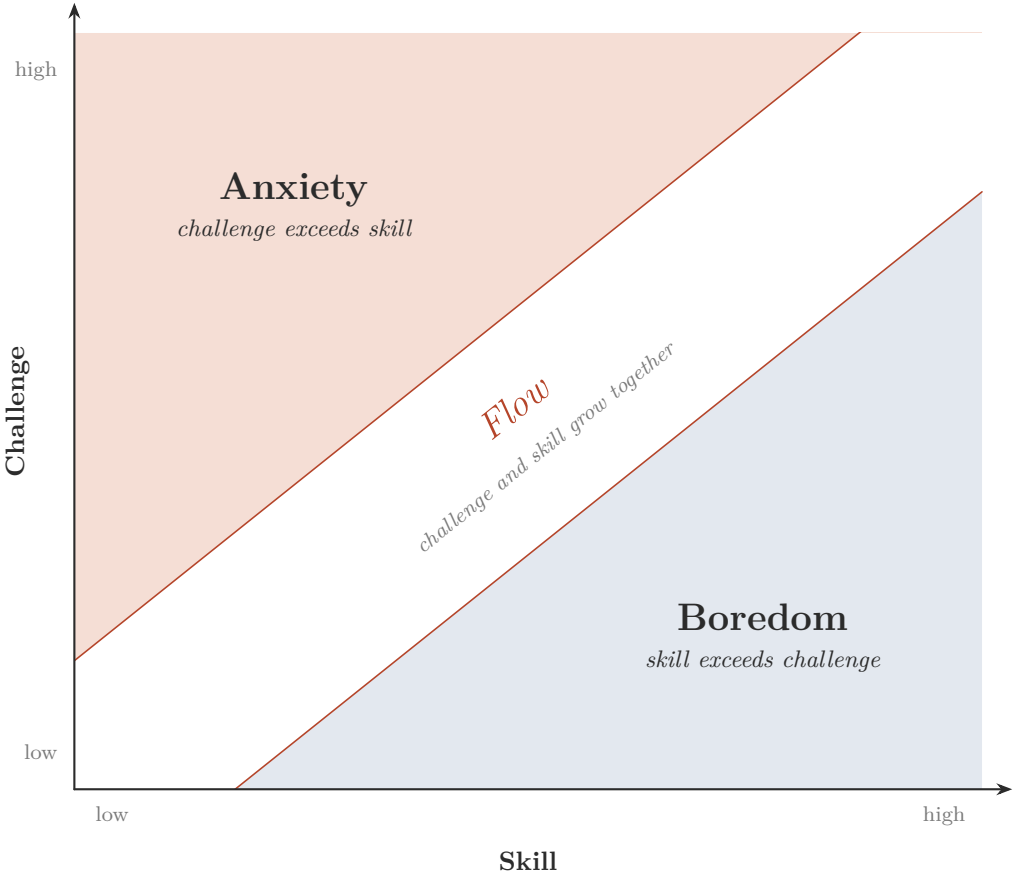

high
Anxiety
challenge exceeds skill
Flow
challenge and skill grow together
Boredom
skill exceeds challenge
low
Challenge
low
high
Skill