



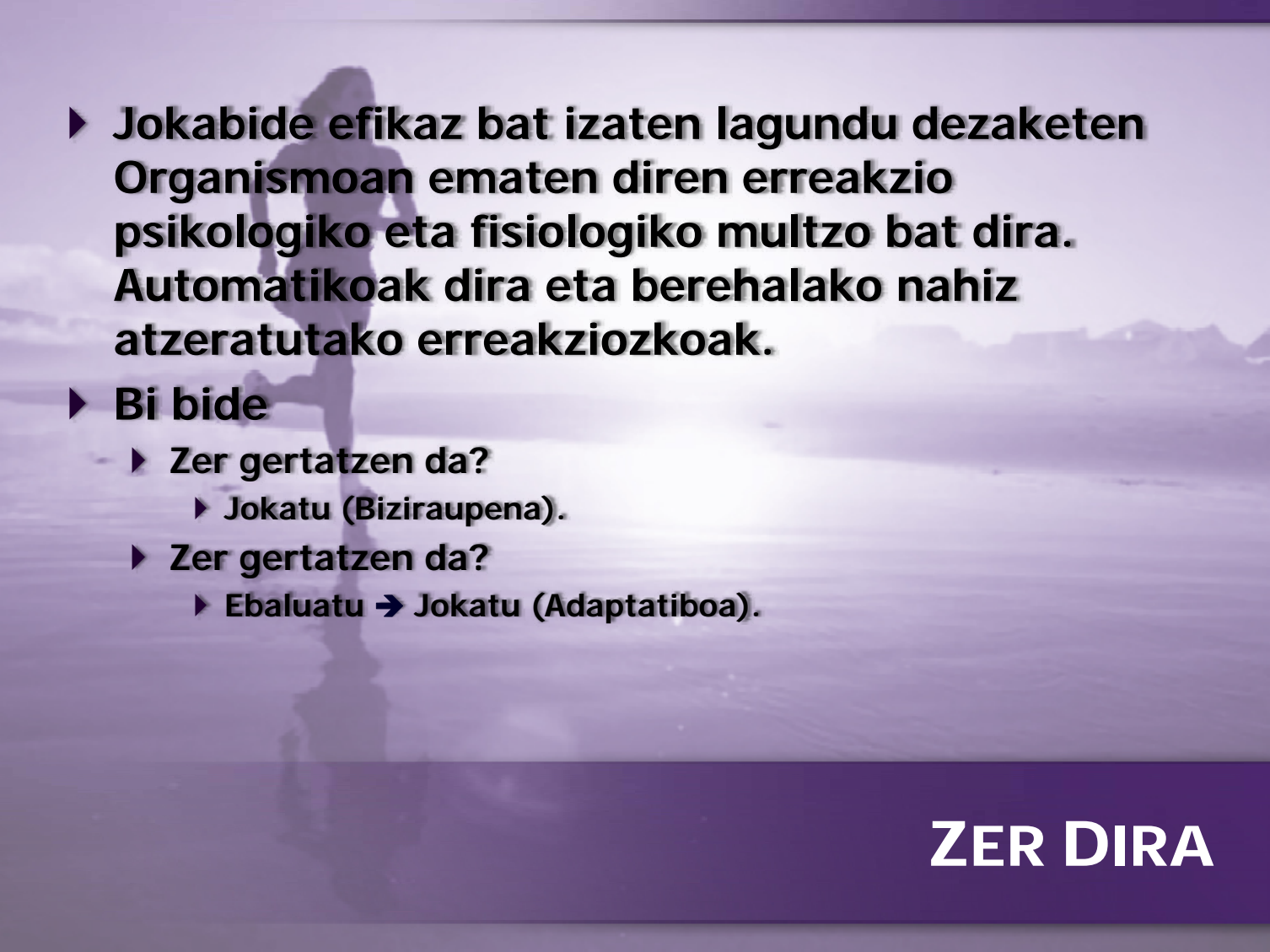
2 GAIA EMOZIOAK ETA KIROL ERRENDIMENDUA

A person is running on a beach at sunset. The sun is low on the horizon, creating a bright glow and reflecting on the water. The person's silhouette is visible against the bright background. The overall scene is peaceful and inspiring.

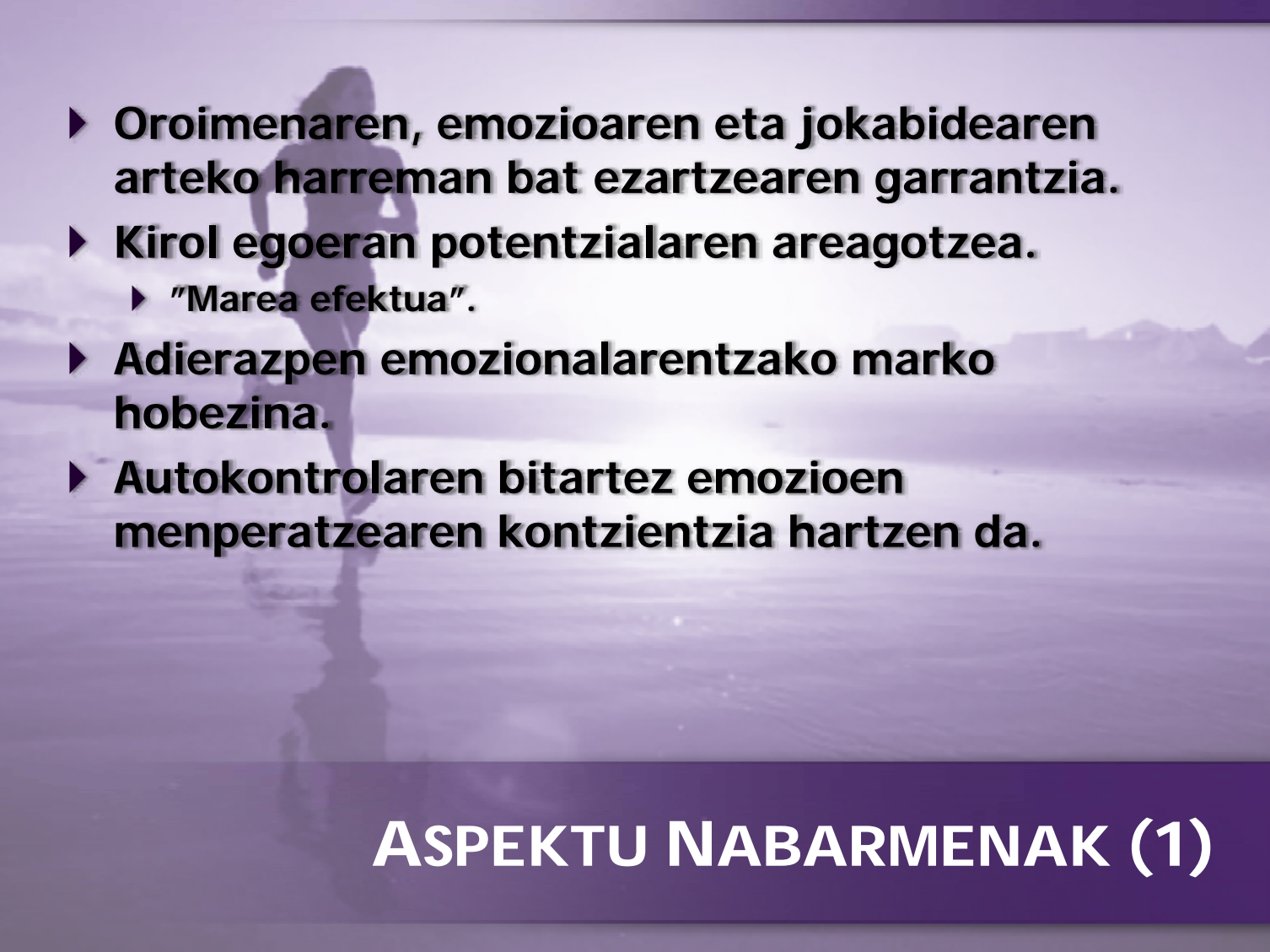
► Kirol egoeran eragiten dute:

- Aldaketa emozionalak.
- Aktibazio maila.
- Autoerregulazio sistema.
- Aurre egite moduak.
- Jarduera Kognitiboa.

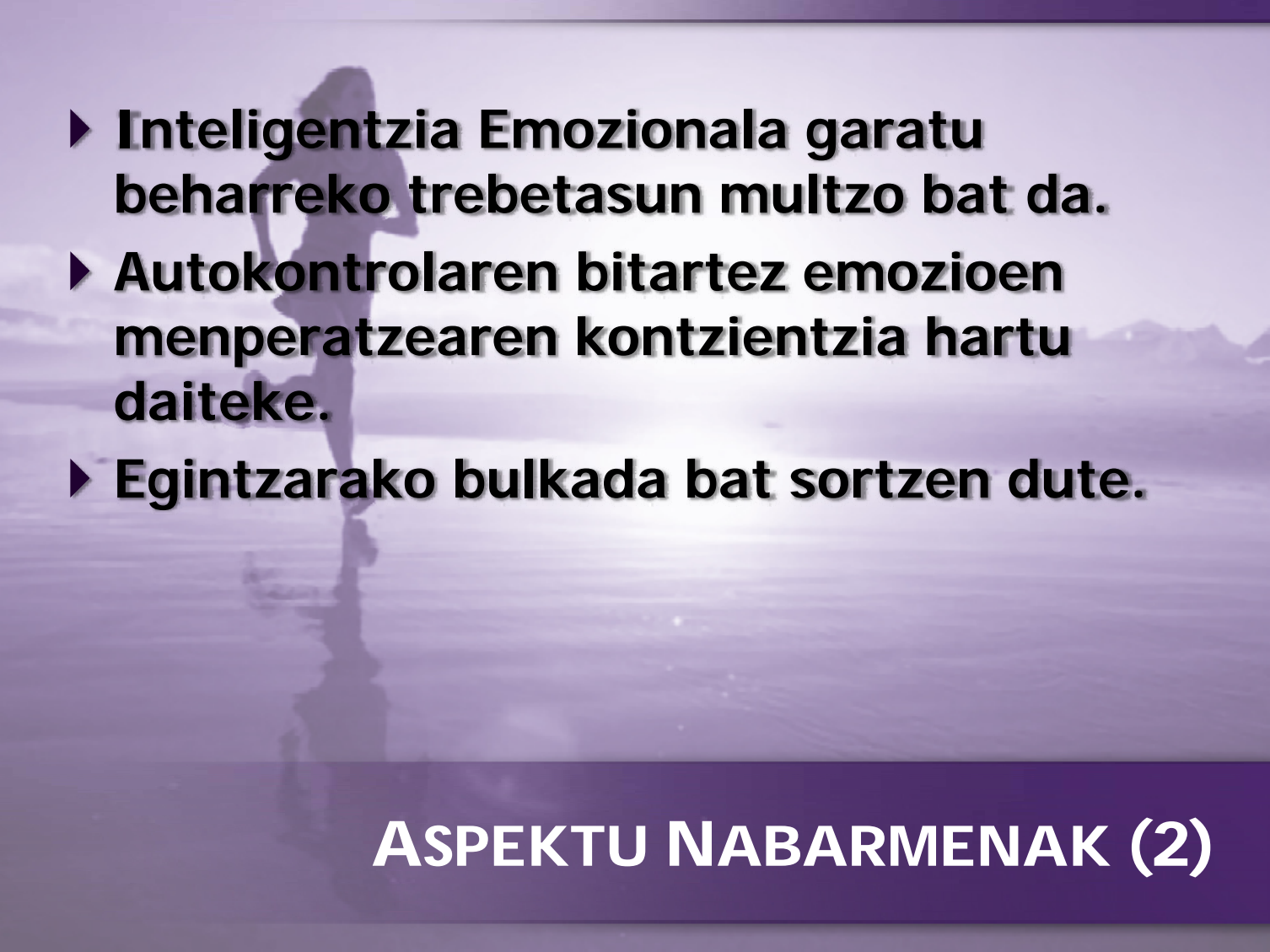
SARRERA

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- A person is running on a beach at sunset. The sun is low on the horizon, creating a bright glow and long shadows. The person's shadow is visible on the sand. The background shows the ocean and distant mountains.
- ▶ **Jokabide efikaz bat izaten lagundu dezaketen Organismoan ematen diren erreakzio psikologiko eta fisiologiko multzo bat dira. Automatikoak dira eta berehalako nahiz atzeratutako erreakziozkoak.**
 - ▶ **Bi bide**
 - ▶ **Zer gertatzen da?**
 - ▶ **Jokatu (Biziraupena).**
 - ▶ **Zer gertatzen da?**
 - ▶ **Ebaluatu → Jokatu (Adaptatiboa).**

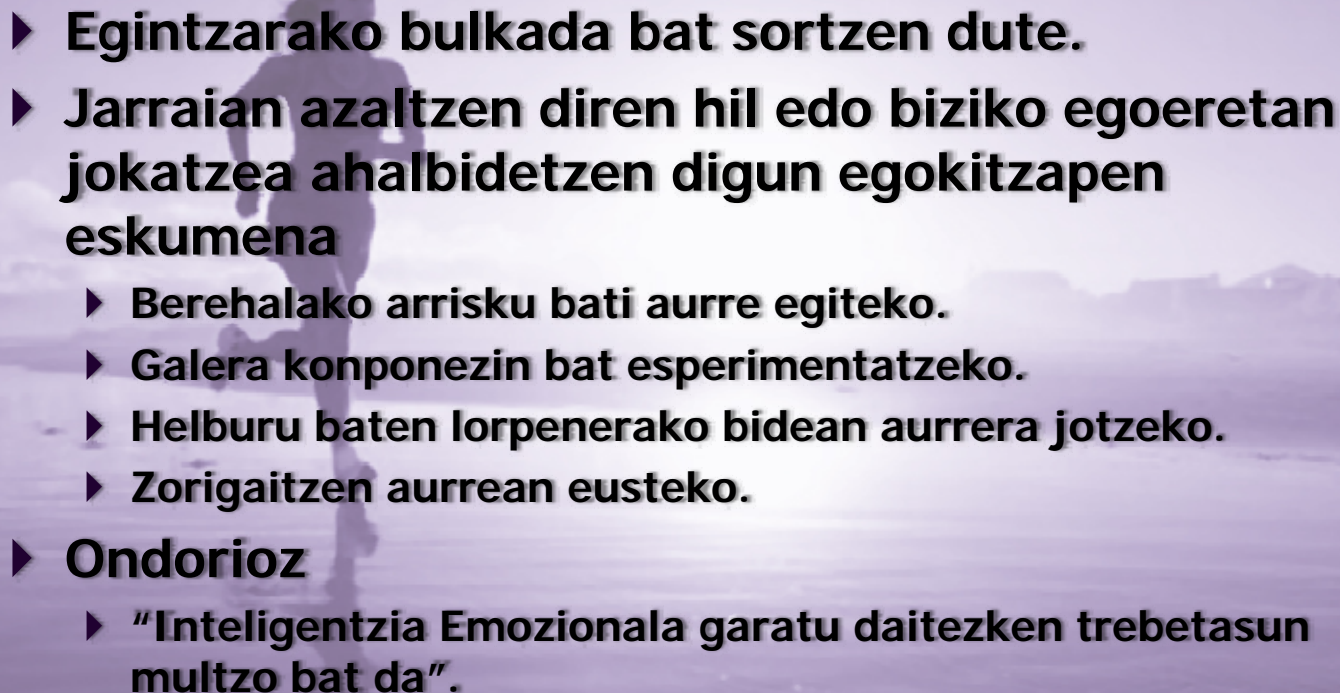
ZER DIRA

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- ▶ Oroimenaren, emozioaren eta jokabidearen arteko harreman bat ezartzearen garrantzia.
 - ▶ Kirol egoeran potentzialaren areagotzea.
 - ▶ "Marea efektua".
 - ▶ Adierazpen emozionalarentzako marko hobeazina.
 - ▶ Autokontrolaren bitartez emozioen menperatzearen kontzientzia hartzen da.

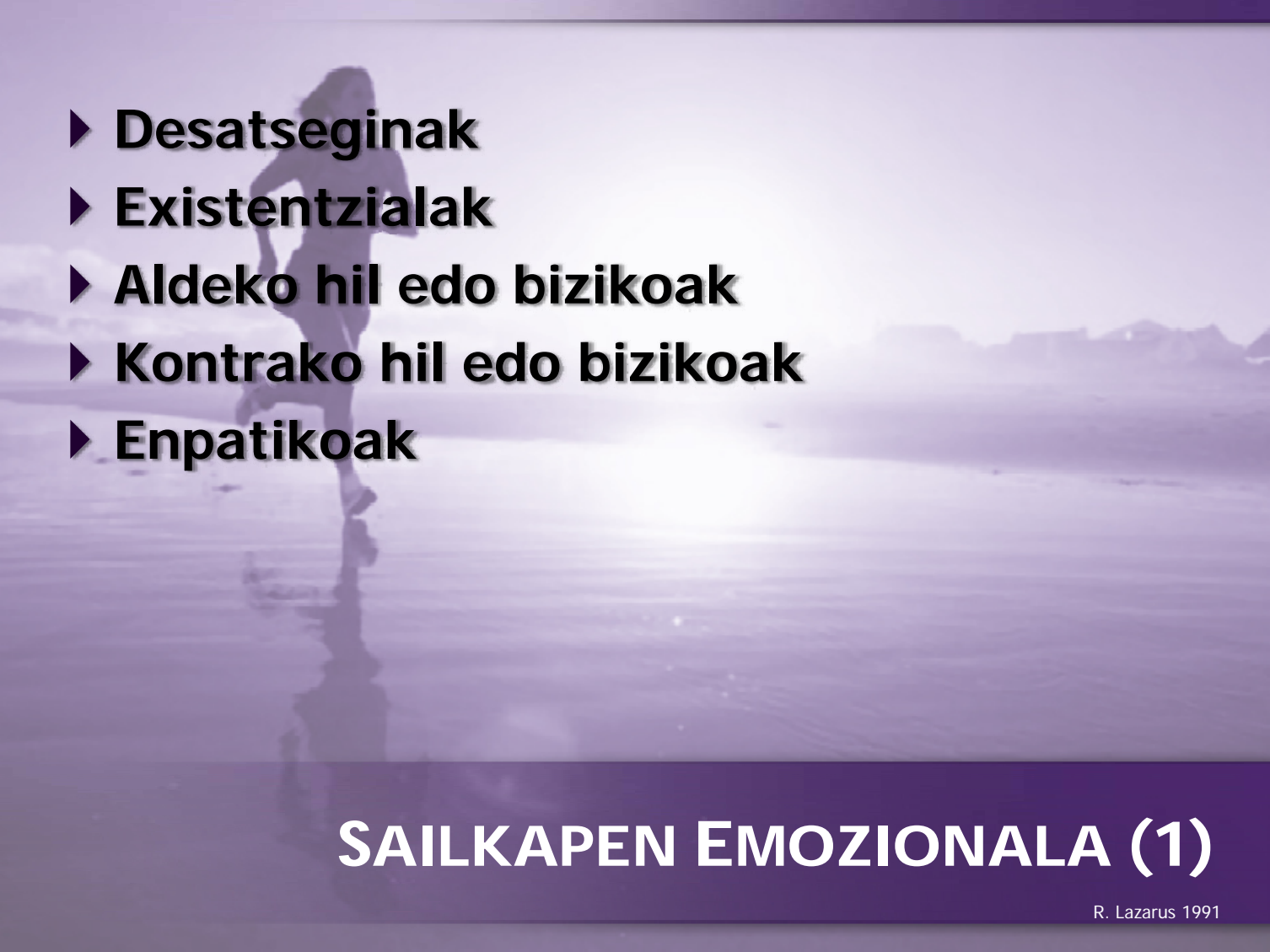
ASPEKTU NABARMENAK (1)

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- A silhouette of a person running on a beach at sunset. The person is in the foreground, running towards the right. The background shows a calm sea reflecting the bright sun, which is low on the horizon. The sky is a mix of orange and purple hues. The overall scene is peaceful and evokes a sense of movement and reflection.
- ▶ **Intelligentzia Emozionala garatu beharreko trebetasun multzo bat da.**
 - ▶ **Autokontrolaren bitartez emozioen menperatzearen kontzientzia hartu daiteke.**
 - ▶ **Egintzarako bulkada bat sortzen dute.**

ASPEKTU NABARMENAK (2)

- 
- ▶ **Egintzarako bulkada bat sortzen dute.**
 - ▶ **Jarraian azaltzen diren hil edo biziko egoeretan jokatzeko ahalbidetzen digun egokitzapen eskumena**
 - ▶ Berehalako arrisku bati aurre egiteko.
 - ▶ Galera konponezin bat esperimentatzeko.
 - ▶ Helburu baten lorpenerako bidean aurrera jotzeko.
 - ▶ Zorigaitzen aurrean eusteko.
 - ▶ **Ondorioz**
 - ▶ "Inteligentzia Emozionala garatu daitezken trebetasun multzo bat da".

ASPEKTU NABARMENAK (3)

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- ▶ **Desatseginak**
 - ▶ **Existentzialak**
 - ▶ **Aldeko hil edo bizikoak**
 - ▶ **Kontrako hil edo bizikoak**
 - ▶ **Enpatikoak**

SAILKAPEN EMOZIONALA (1)

A person is running on a beach at sunset. The sun is low on the horizon, creating a bright glow and reflecting on the wet sand. The person's reflection is visible in the water. The background shows a hazy coastline with some buildings.

► Desatseginak

- Sumindura

- Inbidia

- Jelosia

SAILKAPEN EMOZIONALA (2)

A person is running on a beach at sunset. The person is in the foreground, running towards the right. Their reflection is visible in the wet sand. The background shows the ocean and a bright sunset sky with mountains in the distance.

► Existenzialak

- Beldurra/antsietatea
- Erruduntasuna
- Lotsa

SAILKAPEN EMOZIONALA (3)

A person is running on a beach at sunset. The sun is low on the horizon, creating a bright glow and reflecting on the wet sand. The person's reflection is visible in the water. The background shows a hazy coastline with buildings.

► Aldeko hil edo bizikoak

- Zoriontasuna

- Harrotasuna

- Amodioa

SAILKAPEN EMOZIONALA (4)

A person is running on a beach at sunset. The sun is low on the horizon, creating a bright glow and reflecting on the wet sand. The person's reflection is visible in the water. The background shows a hazy coastline with mountains.

► Kontrako hil edo bizikoak

- Kezka
- Etsipena
- Tristura/depresioa

SAILKAPEN EMOZIONALA (5)

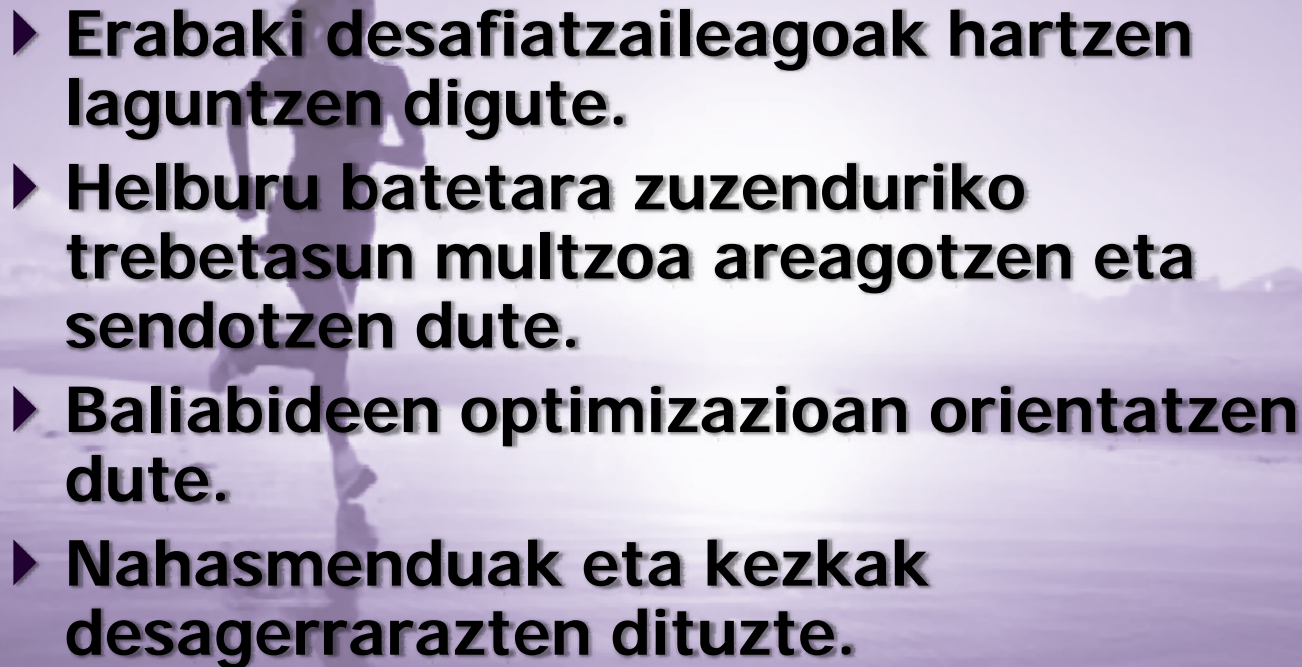
A person is running on a beach at sunset. The sun is low on the horizon, creating a bright glow and reflecting on the water. The person's reflection is visible in the water. The overall scene is peaceful and inspiring.

► Enpatikoak

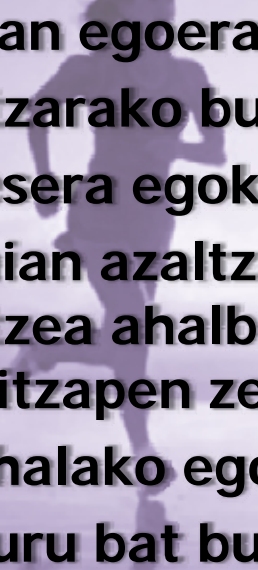
- Eskerrona

- Errukia

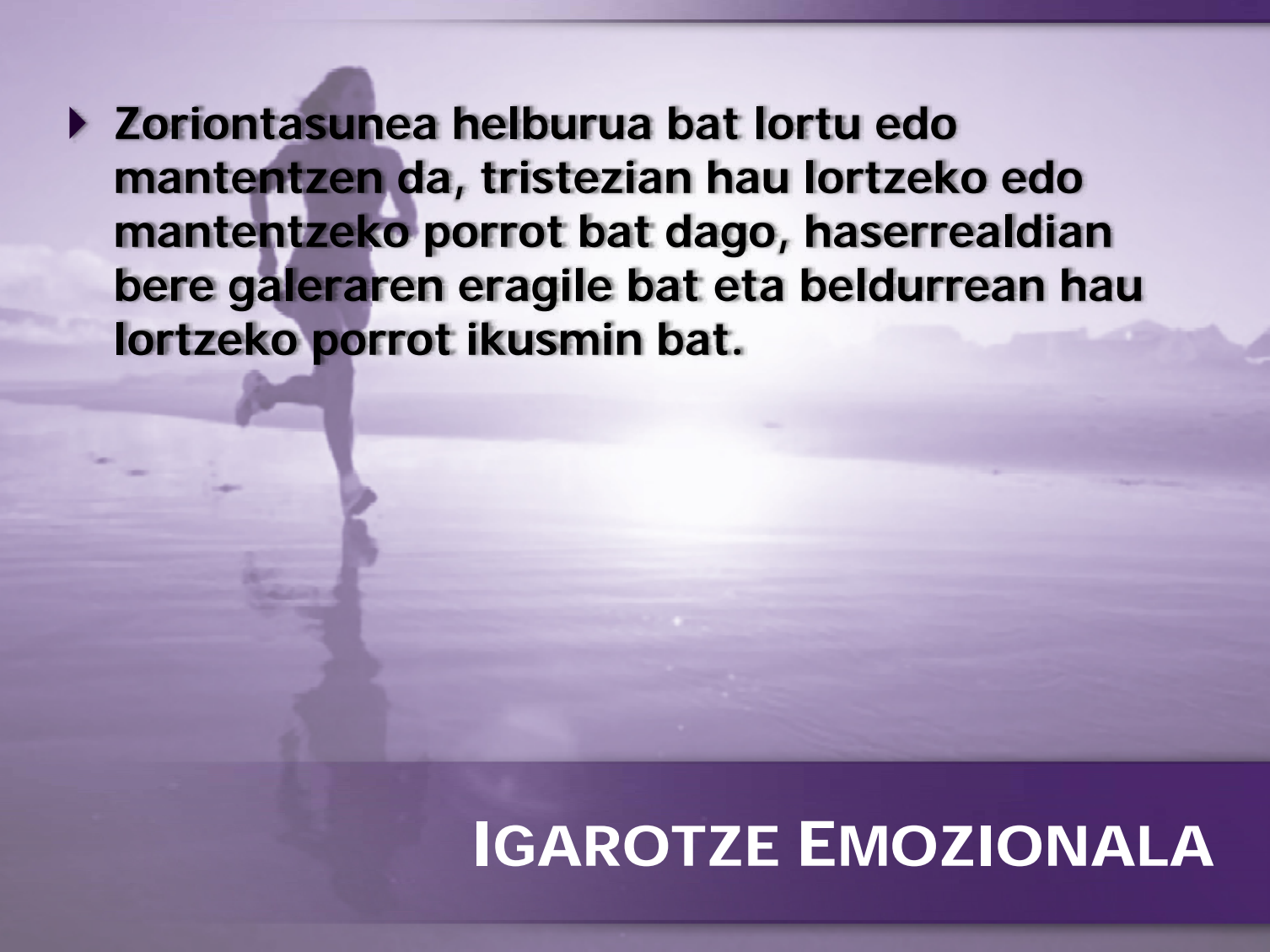
SAILKAPEN EMOZIONALA (6)

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- A silhouette of a person running on a beach at sunset. The person is in the foreground, running towards the right. The background shows a bright sunset over the ocean with mountains visible in the distance. The sky is a mix of orange, yellow, and purple.
- ▶ Erabaki desafiatzaileagoak hartzen laguntzen digute.
 - ▶ Helburu batetara zuzenduriko trebetasun multzoa areagotzen eta sendotzen dute.
 - ▶ Baliabideen optimizazioan orientatzen dute.
 - ▶ Nahasmenduak eta kezkak desagerrarazten dituzte.

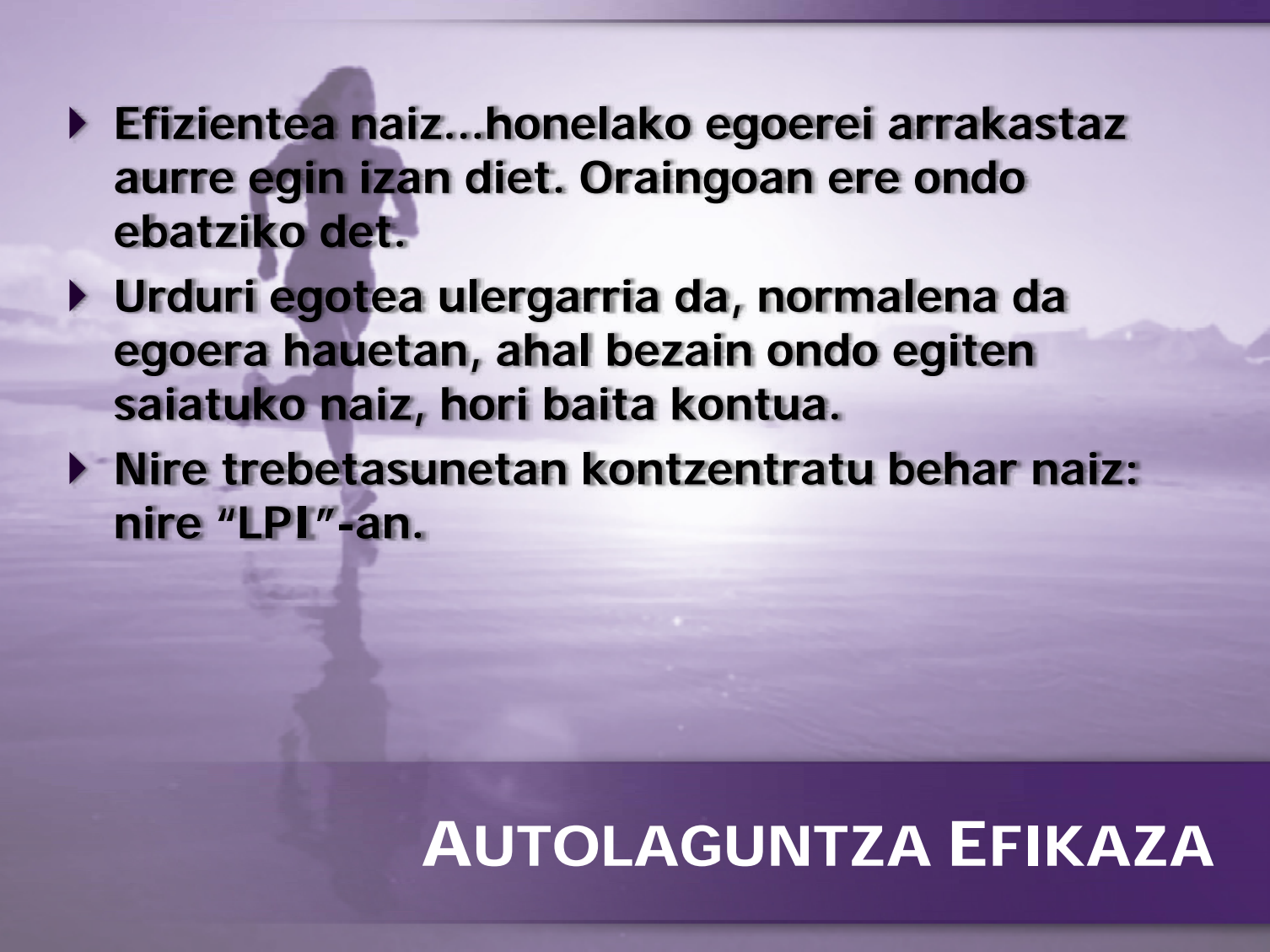
ERAGINA ERABAKIENGAN

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- ▶ Zaitzan egoera optimo bat mantendu.
 - ▶ Egintzarako bultzada.
 - ▶ Estresera egokitu.
 - ▶ Jarraian azaltzen diren hil edo biziko egoeratan jokatzeari ahalbidetzen diguten amankomuneko egokitzapen zereginak:
 - ▶ Berehalako egoera kritiko bati aurre egite.
 - ▶ Helburu bat burutzeko aurrera jo.

AUTOKONTROLA, NOLA
LAGUNTZEN DUTE?

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- A person is running on a beach at sunset. The person is in the foreground, running towards the right. Their reflection is visible in the shallow water on the sand. The background shows the ocean and a bright sun setting, creating a hazy, purple-tinted atmosphere. The sky is a mix of light and dark purple, and the water reflects the colors of the sunset.
- **Zoriontasunea helburua bat lortu edo mantentzen da, tristezia hau lortzeko edo mantentzeko porrot bat dago, haserrealdian bere galeraren eragile bat eta beldurrean hau lortzeko porrot ikusmin bat.**

IGAROTZE EMOZIONALA

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- A person is running on a beach at sunset. The sun is low on the horizon, creating a bright glow and long shadows. The person's shadow is cast long on the sand. The background shows the ocean and distant mountains.
- ▶ Efizientea naiz...honelako egoerei arrakastaz aurre egin izan diet. Oraingoan ere ondo ebatziko det.
 - ▶ Urduri egotea ulergarria da, normalena da egoera hauetan, ahal bezain ondo egiten saiatuko naiz, hori baita kontua.
 - ▶ Nire trebetasunetan kontzentratu behar naiz: nire "LPI"-an.

AUTOLAGUNTZA EFIKAZA