

Qual o seu nível de sentimento de controle?



The diagram illustrates a progression of states from left to right, labeled 'ENTUSIASMO' at the top. On the far left, a list of states includes: Calmo, Relaxado, Vagoso, Lento, and Sono. On the far right, a list includes: Animado, Estimulado, Frenético, Nervoso, and Agitado. The central figure is a stick man whose internal state is represented by symbols: a dot, a small circle, a gear, a star, and a lightning bolt. Motion lines around the figure increase in number and intensity from left to right, corresponding to the increasing energy and excitement of the states.