

Introduction to Positive Psychology

Flow

Learning Objectives: By the end of the lesson, you will be able to

1. Define and identify characteristics of the concept of flow.
2. Compare and contrast flow theory with arousal theory.
3. Complete a flow profile and reflect on your results.

Part One: Defining "Flow": Identify characteristics of a flow experience.

1. Flow is often described as being "in the zone." After watching [this video](#), describe being "in the zone."

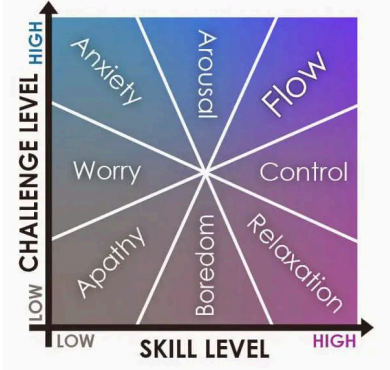
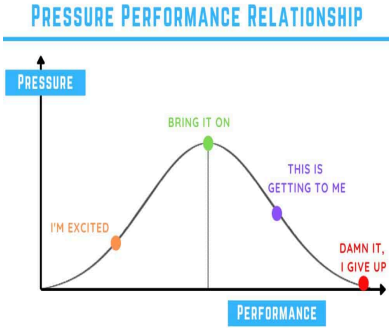
2. Compare the characteristics you listed in #1 with this [definition](#). How are they similar? How are they different?

Part Two: Differentiating "Flow": Compare and contrast flow theory and arousal theory.

1. Define each of the following theories and provide an example.

Flow Theory	Arousal Theory/Yerkes-Dodson
Definition:	Definition:
Example:	Example:

2. Carefully analyze the graphs below. Interpret the meaning of your graph within the context of each theory.

Flow Theory	Yerkes-Dodson
	
Meaning:	Meaning:

3. Complete the following sentence stems.

FLOW Theory and YERKES-DODSON are similar in that they both...

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FLOW Theory and Yerkes-Dodson are different in that FLOW Theory _____

_____.

while Yerkes-Dodson _____.

Part Three: Finding Your Flow: Find Your Flow "Style"

Access the following website and click on the **Unlock Your Flow Superpowers** link: [Learn Your Flow Superpowers](#). After completing the inventory, answer the following questions.

1. What is your Flow Superpower?

2. Briefly describe your Flow Superpower. Include characteristics, activities, and pitfalls.

3. Skim over the other superpowers. Do you agree or disagree with the quiz results? Please justify your answer using examples from your life.

4. Is there a different type of flow that you would like more of in your life? Explain.

5. Describe a time in which you were completely immersed in an activity. Discuss that experience within the context of flow theory.