■ An unstimulating situation			
	+		
Perceived demand		Perceived ability	Ability not tested. Unstimulating
A stimulating situ	ation		
	+		
Perceived demand		Perceived ability	Ability matches demand. Stimulating
■ A stressful situation			
	+		
Perceived demand		Perceived ability	Demand greater than ability. Stressful
■ Rethinking capabilities and demands			
Initially perceived demand		Initially perceived ability	Potentially a stressful experience
	+		
	+		
Newly perceived demand		Newly perceived ability	A stimulating experience