

















































































MOD METRE

 Öfkeli	 Panik	 Stresli	 Gergin	 Şok olmuş	 Şaşkın	 Neşeli	 Sevinçli	 Sevgi dolu	 Aşırı zinde
 Kin dolu	 Hiddetli	 Kızgın	 Buz kesmiş Afallamış	 Korkmuş	 Keyifli	 Hevesli	 Üretken	 Memnun	 Çoşkulu
 Sinirli	 Asabi	 Rahatsız	 Kaygılı	 Kuruntulu	 Hoşnut	 Mesut	 Eğlenceli	 Gururlu	 Heyecanlı
 Hinç dolu	 Rahatsız edilmiş	 İçerlemiş	 Şüpheli	 Tasalanmış	 İyimser	 Hayran	 Meraklı	 Umutlu	 Tutkulu
 İğrenmiş	 Melankolik	 Hayal kırıklığına uğramış	 Umutsuz	 Sıkılmış	 Rahat	 Cana yakın	 Şefkatli	 Yakın hissetme (samimi)	 Şükran dolu
 Karamsar	 Beceriksiz	 Suçlu	 Üzgün	 Yalnız	 Sakin	 Güvenli	 Sadık	 Minnet duyma	 Özlem dolu
 Yabancılaşmış	 Pişman	 Kasvetli	 Utanç	 Aldırmaz	 Değerli	 Ferahlanmış	 Barışçıl	 Sabırlı	 İlham dolu
 Bıkkın	 Çaresiz	 Kederli	 Mahcup	 Morali bozulmuş	 Belirsiz	 Yakın ilgili	 Dingin	 Merhamet dolu	 Huzurlu

Memnuniyet

Tabloda duyguların yukarı çıktıkça yoğunluğu, sağa gittikçe memnuniyet düzeyi artmaktadır. Buna göre yoğunluğu yüksek ve memnuniyeti düşük duygularda öğrencilerin öz düzenleme becerilerini kullanması önerilmektedir. Bu uygulamalar sakinleşme kartlarını kullanma, ortam değiştirme, bireysel olumlu telkin yönteminden faydalanma ve tersine hareket etme (hareketliyse durma, duruyorsa hareketlenme gibi) olabilir.