

FEELINGS TIMELINE

PRE GAME CHECK?

How are you feeling?

Focused

Excited

Hyped

Annoyed

Bored

Robbed

Stressed

Locked In

Frustrated

Happy

Angry

Buzzed

Determined

Restless

Gutted

Impulsive

Competitive

Distracted

THE AFTERMATH

If I won: "I feel..."

Do I want to play again?

If I lost: "I feel..."

Do I want to play again?

Focused

Excited

Hyped

Annoyed

Bored

Robbed

Stressed

Locked In

Frustrated

Happy

Angry

Buzzed

Determined

Restless

Gutted

Impulsive

Competitive

Distracted

DOPAMINE DEFINITION

"Dopamine is the 'seeking' chemical. It's often highest just before we know if we've won or lost. Because of that, whether you win or lose, the dopamine 'hit' is there."