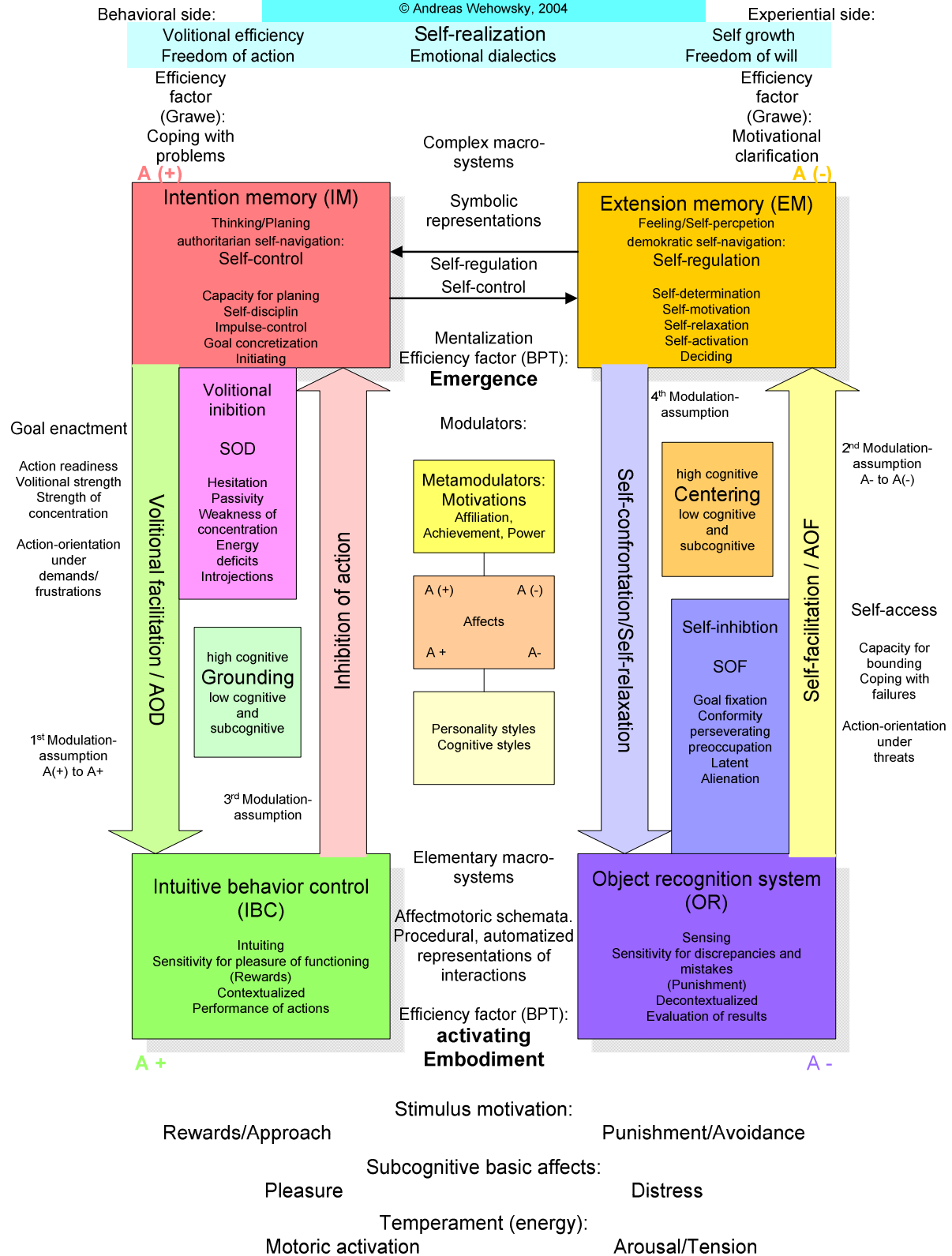


# Competence-compass of Self-navigation

based on Personality-Systems-Interactions Theory (Julius Kuhl)

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- AOD = action orientation under demands
- AOF = action orientation after failures
- SOD = state orientation under demands
- SOF = state orientation after failures
- BPT = Bodypsychotherapy