YOUR ANSWERS. YOUR PERSPECTIVE.

Wellbeing

Personal everyday reflection

A wholly fictional example. The values illustrate a report and say nothing about you.

ANSWERED: 22 / 22 | 4 PROFILE AREAS

1

Enjoyable moments

You describe a noticeable tendency towards making room for enjoyable activities, small rituals and time without a practical goal. This pattern stands out in your responses; it is not a comparison with other people.

2

Personal wishes

You describe a noticeable tendency towards distinguishing your wishes from other people's expectations and expressing them clearly. This pattern stands out in your responses; it is not a comparison with other people. Some responses differ substantially from this direction.

3

Individual responses matter

Personal wishes: Scored responses range from 2 to 5/5 (items 13 & 18).

Your first small step

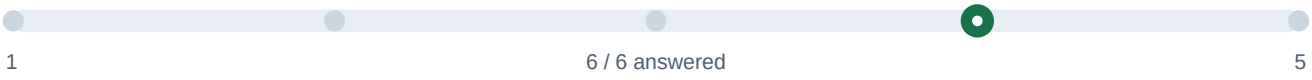
Name one small wish for the coming week and decide whether to pursue it.

02 / YOUR REPORT

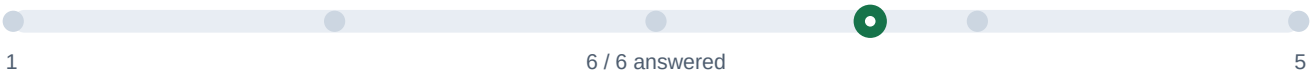
Your profile at a glance

Each dot shows an area response average on a scale of 1 to 5. Only your own responses are compared.

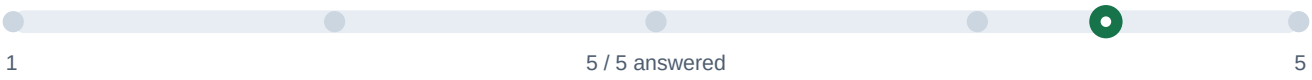
Enjoyable moments **4.0 / 5**



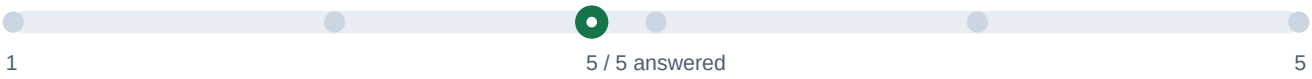
Personal wishes **3.7 / 5**



Creating connection **4.4 / 5**



Space in the day **2.8 / 5**



How to read the chart

1 = low, 3 = midpoint, 5 = high agreement in the scored direction. Higher is not automatically better. The midpoint is not the average of other people; small differences are not necessarily meaningful.

No area value is shown if fewer than 80% of its items are answered. This is a display rule for incomplete data, not a performance or health threshold.

03 / YOUR REPORT

Connecting your responses

Observations from your responses, not fixed characteristics.

The report describes how you arrange enjoyable moments, personal wishes, contact and free time. It measures neither happiness nor depression.

Your result in words

Enjoyable moments: You describe a noticeable tendency towards making room for enjoyable activities, small rituals and time without a practical goal. This pattern stands out in your responses; it is not a comparison with other people.

Personal wishes: You describe a noticeable tendency towards distinguishing your wishes from other people's expectations and expressing them clearly. This pattern stands out in your responses; it is not a comparison with other people.

Personal wishes: take a closer look

The average combines different responses. These two items show why one number alone does not capture your whole perspective:

Item 13: I make room for interests no one else shares with me. | Mostly not true

Item 18: I express a wish in concrete terms. | True for me

Consider a possible everyday situation

Name one small wish for the coming week and decide whether to pursue it.

04 / YOUR REPORT

Enjoyable moments

Trace your responses and connect them with everyday situations.

These statements describe small enjoyable moments you deliberately create or notice.

Your response value **4.0 / 5**



What this means in practice

You describe a noticeable tendency towards making room for enjoyable activities, small rituals and time without a practical goal. This pattern stands out in your responses; it is not a comparison with other people.

Scale direction: less agreement with these statements / more agreement with these statements.

Two concrete responses

Item 12: I allow time that has no specific practical purpose.

Your response: Partly true

Item 16: I appreciate familiar small rituals.

Your response: True for me

A prompt for further reflection

Choose a small activity you enjoy without turning it into an obligation.

When does this fit me - and when does it not?

05 / YOUR REPORT

Personal wishes

Trace your responses and connect them with everyday situations.

This area describes how you consider your own wishes in everyday life.

Your response value **3.7 / 5**



1 6 / 6 answered 5

What this means in practice

You describe a noticeable tendency towards distinguishing your wishes from other people's expectations and expressing them clearly. This pattern stands out in your responses; it is not a comparison with other people.

Your individual responses differ substantially. The interpretation describes their average direction only; it does not apply to every statement. The following responses show both sides.

Scale direction: less agreement with these statements / more agreement with these statements.

Two concrete responses

Item 13: I make room for interests no one else shares with me.

Your response: Mostly not true

Item 18: I express a wish in concrete terms.

Your response: True for me

A prompt for further reflection

Name one small wish for the coming week and decide whether to pursue it.

When does this fit me - and when does it not?

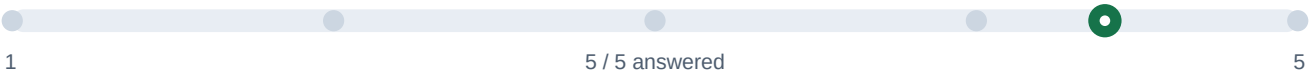
06 / YOUR REPORT

Creating connection

Trace your responses and connect them with everyday situations.

This concerns chosen forms of connection, not a rating of your social life.

Your response value **4.4 / 5**



What this means in practice

You describe a noticeable tendency towards communicating wishes for contact, listening and noticing different preferences for interaction. This pattern stands out in your responses; it is not a comparison with other people.

Scale direction: less agreement with these statements / more agreement with these statements.

Two concrete responses

Item 19: I notice differences in how much contact we want.

Your response: Partly true

Item 14: I say whether I want company or time alone.

Your response: True for me

A prompt for further reflection

Consider which kind of contact you want now: a message, a conversation or a shared activity.

When does this fit me - and when does it not?

07 / YOUR REPORT

Space in the day

Trace your responses and connect them with everyday situations.

This describes habits around unplanned time and personal boundaries.

Your response value **2.8 / 5**



What this means in practice

Your result does not show a clear direction for leaving time open, postponing tasks and communicating limits to your availability. Check individual responses: partial agreement and opposing answers can produce the same average.

Scale direction: less agreement with these statements / more agreement with these statements.

Two concrete responses

Item 4: I leave some free time between plans.

Your response: Mostly not true

Item 9: I take a break without filling it with another task.

Your response: Mostly true

A prompt for further reflection

Leave a small period open and decide at the time how to use it.

When does this fit me - and when does it not?

08 / YOUR REPORT

Your values clearly explained

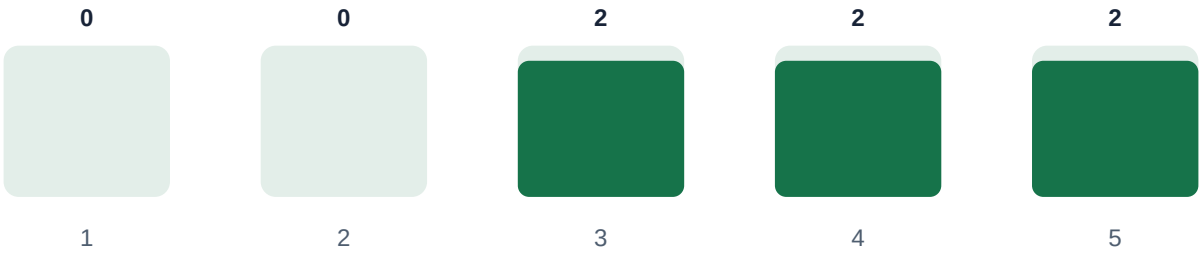
Enjoyable moments

Response positions are counted from 1 to 5. The sum is divided by the number of answered statements in this area.

Calculated from your actual responses

4 + 5 + 3 + 4 + 5 + 3 = 24. 24 / 6 = 4.0 / 5.

The distribution of your selected responses



The columns count your selected response positions 1 to 5 before any reverse scoring. The same average can come from very different responses.

For the wording, response averages below 2.5 are described as lower agreement, above 3.5 as higher agreement, and those between as middle agreement. These are editorial response-scale bands, not scientifically validated cutoffs. Identical averages can arise from different responses.

A profile without a ranking

We assign no population rank or fixed type. The scales describe responses to particular statements. Choose your own priorities; a high or low value does not require change.

09 / YOUR REPORT

Your own next step

An optional everyday idea, without a performance target.

1

Today: note one situation

Starting point: Personal wishes. Choose a response in this area and note when it last fitted. A counterexample is just as useful.

2

This week: explore a perspective

Name one small wish for the coming week and decide whether to pursue it.

3

Afterwards: decide for yourself

What fits you and what does not? Record one insight and decide whether to keep anything. You do not need a higher score or another purchase.

My situation and what matters to me:

My optional idea and a suitable time:

What I would like to take from this:

10 / YOUR REPORT

Method and limitations

What the report is based on

Original everyday reflection. Values summarise only your responses. There are no clinical thresholds, population norms, disease assessments or fixed personality types. Greater agreement is not automatically better.

Your responses are summarised according to the fixed rules explained here. Examples refer to the item numbers shown. No automated detection or assessment of a medical condition takes place.

Keeping the limitations in mind

Screening and self-reflection do not replace a medical or psychological assessment. Original reflection questions are not clinically validated. Each test page explains its method and limitations.

A profile does not cover every aspect of a person. It is a snapshot of your responses. Important relationship, career or other life decisions should not depend on it alone.

> **If you would like support**
>
> If symptoms are affecting you, seek support from a qualified health professional. In immediate danger, contact your local emergency services or nearest emergency department. Help information is available without an email address or payment.

Open general support information

Questionnaire version: 2026-10-29.26 | Report format: 2026-10-29.28

APPENDIX / YOUR REPORT

Your responses in full

Every scored response remains traceable. Skipped items are explicitly identified.

1	**I make time for an activity I enjoy.**	Enjoyable moments | Mostly true
2	**When making plans, I ask myself what I want.**	Personal wishes | Partly true
3	**I choose the kind of contact that currently suits me.**	Creating connection | True for me
4	**I leave some free time between plans.**	Space in the day | Mostly not true
5	**I notice small pleasant details in an ordinary day.**	Enjoyable moments | True for me
6	**I distinguish my own wishes from other people's expectations.**	Personal wishes | True for me
7	**I share small pieces of news with people I know well.**	Creating connection | Mostly true
8	**I decide which task can wait today.**	Space in the day | Partly true
9	**I take a break without filling it with another task.**	Space in the day | Mostly true
10	**I adjust goals to the time I actually have.**	Personal wishes | Mostly true
11	**I listen without immediately suggesting a solution.**	Creating connection | True for me
12	**I allow time that has no specific practical purpose.**	Enjoyable moments | Partly true
13	**I make room for interests no one else shares with me.**	Personal wishes | Mostly not true
14	**I say whether I want company or time alone.**	Creating connection | True for me

Your responses in full / CONTINUED

15	**I occasionally try something new just out of curiosity.**	Enjoyable moments | Mostly true
16	**I appreciate familiar small rituals.**	Enjoyable moments | True for me
17	**I tell others when I have less time available.**	Space in the day | Partly true
18	**I express a wish in concrete terms.**	Personal wishes | True for me
19	**I notice differences in how much contact we want.**	Creating connection | Partly true
20	**I distinguish my own goal from simply comparing myself with others.**	Personal wishes | Partly true
21	**I let pleasant moments happen without planning them.**	Enjoyable moments | Partly true
22	**I end a day without needing to finish every open task.**	Space in the day | Mostly not true