YOUR ANSWERS. YOUR PERSPECTIVE.

Relationship-readiness

Personal everyday reflection

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

ANSWERED: 25 / 25 | 5 PROFILE AREAS

1

Room for a relationship

You describe a noticeable tendency towards clarifying time and your own wishes for relationships and respecting refusals. This pattern stands out in your responses; it is not a comparison with other people.

2

Personal boundaries

You describe a noticeable tendency towards naming your boundaries, respecting a no and maintaining your own interests. 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 boundaries: Scored responses range from 2 to 5/5 (items 13 & 21).

Your first small step

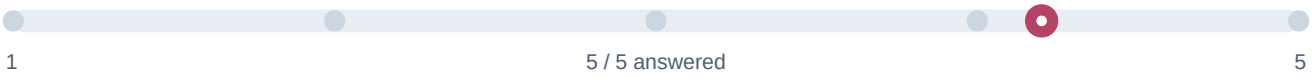
Write down one kind, clear boundary that would help in an everyday situation.

02 / YOUR REPORT

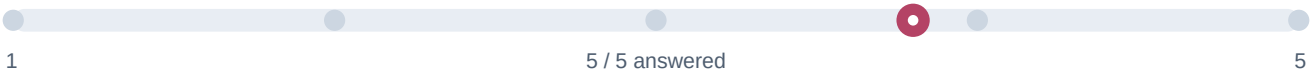
Your profile at a glance

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

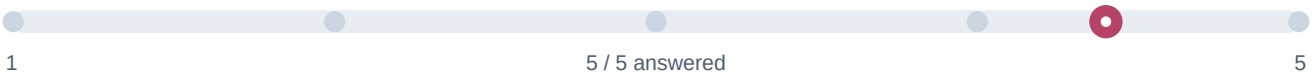
Room for a relationship 4.2 / 5



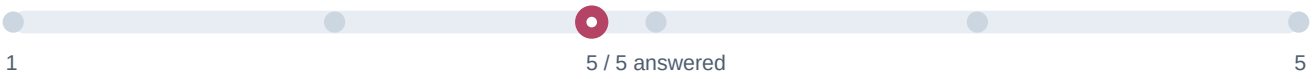
Personal boundaries 3.8 / 5



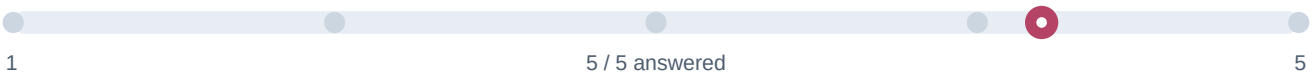
Open communication 4.4 / 5



Repair after conflict 2.8 / 5



Security in closeness 4.2 / 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 result describes your present view of availability, boundaries, communication, conflict repair and trust. It does not decide whether you are ready or suitable for a relationship.

Your result in words

Room for a relationship: You describe a noticeable tendency towards clarifying time and your own wishes for relationships and respecting refusals. This pattern stands out in your responses; it is not a comparison with other people.

Personal boundaries: You describe a noticeable tendency towards naming your boundaries, respecting a no and maintaining your own interests. This pattern stands out in your responses; it is not a comparison with other people.

Personal boundaries: 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 maintain interests outside a close relationship. | Mostly untrue

Item 21: I discuss which information should remain private. | Very true

Consider a possible everyday situation

Write down one kind, clear boundary that would help in an everyday situation.

04 / YOUR REPORT

Room for a relationship

Trace your responses and connect them with everyday situations.

These statements describe the space you give to relationships and shared experiences.

Your response value **4.2 / 5**



1 5 / 5 answered 5

What this means in practice

You describe a noticeable tendency towards clarifying time and your own wishes for relationships and respecting refusals. This pattern stands out in your responses; it is not a comparison with other people.

Two concrete responses

Item 17: I can handle rejection without pressuring the other person.

Your response: Partly true

Item 25: I want a relationship for myself, not only because others expect it.

Your response: Very true

A prompt for further reflection

Note how much time and attention you can currently offer and what you need yourself.

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

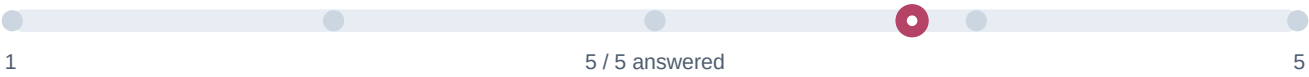
05 / YOUR REPORT

Personal boundaries

Trace your responses and connect them with everyday situations.

This area concerns personal boundaries, saying no and negotiating with others.

Your response value **3.8 / 5**



What this means in practice

You describe a noticeable tendency towards naming your boundaries, respecting a no and maintaining your own interests. 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.

Two concrete responses

Item 13: I maintain interests outside a close relationship.

Your response: Mostly untrue

Item 21: I discuss which information should remain private.

Your response: Very true

A prompt for further reflection

Write down one kind, clear boundary that would help in an everyday situation.

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

06 / YOUR REPORT

Open communication

Trace your responses and connect them with everyday situations.

These statements look at how you describe sharing wishes, thoughts and needs.

Your response value **4.4 / 5**

1 — 5 / 5 answered — 5

What this means in practice

You describe a noticeable tendency towards expressing needs specifically and clarifying expectations by asking. This pattern stands out in your responses; it is not a comparison with other people.

Two concrete responses

Item 22: I discuss expectations before taking them for granted.

Your response: Partly true

Item 18: I can listen without immediately defending my own view.

Your response: Very true

A prompt for further reflection

Express one wish using an I-statement and ask for the other person’s perspective.

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

07 / YOUR REPORT

Repair after conflict

Trace your responses and connect them with everyday situations.

This area concerns handling tension and reopening conversation after conflict.

Your response value **2.8 / 5**



1 5 / 5 answered 5

What this means in practice

Your result does not show a clear direction for returning to conversations after conflict, considering responsibility and seeking solutions. Check individual responses: partial agreement and opposing answers can produce the same average.

Two concrete responses

Item 4: I can return to a disagreement after a break.

Your response: Mostly untrue

Item 15: I can apologise without expecting immediate reconciliation.

Your response: Mostly true

A prompt for further reflection

Choose a minor disagreement and first name what you would like to contribute to the conversation.

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

08 / YOUR REPORT

Security in closeness

Trace your responses and connect them with everyday situations.

This area considers your experience of safety and trust in closeness.

Your response value **4.2 / 5**



What this means in practice

You describe a noticeable tendency towards accepting support and affection and trusting closeness despite absence or disagreement. This pattern stands out in your responses; it is not a comparison with other people.

Two concrete responses

Item 16: I can cope with a trusted person's temporary absence.

Your response: Partly true

Item 20: I can share vulnerable feelings with a reliable person.

Your response: Very true

A prompt for further reflection

What specific action helps you feel more secure in a relationship? Talk about that wish.

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

09 / YOUR REPORT

Your values clearly explained

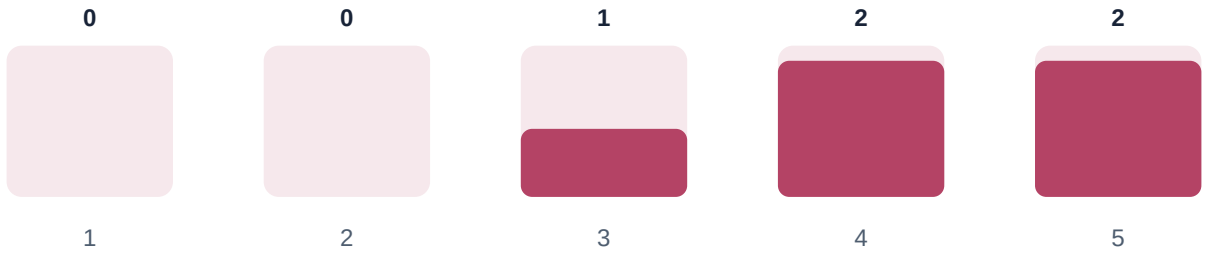
Room for a relationship

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 = 21. 21 / 5 = 4.2 / 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.

10 / YOUR REPORT

Your own next step

An optional everyday idea, without a performance target.

1

Today: note one situation

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

2

This week: explore a perspective

Write down one kind, clear boundary that would help in an everyday situation.

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:

11 / YOUR REPORT

Method and limitations

What the report is based on

Independently developed, unnormed self-reflection. High values are not inherently better; the profile describes your responses, not fixed traits.

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 can reliably make time for a relationship in daily life.**	Room for a relationship | Mostly true
2	**I know some needs that I do not want to disregard.**	Personal boundaries | Partly true
3	**I express needs as specifically as possible.**	Open communication | Very true
4	**I can return to a disagreement after a break.**	Repair after conflict | Mostly untrue
5	**I can ask for support without judging myself for it.**	Security in closeness | Mostly true
6	**I know what kind of relationship I currently want.**	Room for a relationship | Very true
7	**I can say no without questioning my affection.**	Personal boundaries | Very true
8	**I ask rather than guessing another person's intention.**	Open communication | Mostly true
9	**I trust that closeness can survive disagreement.**	Security in closeness | Mostly true
10	**I respect a no without continuing to push.**	Personal boundaries | Mostly true
11	**I try to recognise my part in a conflict.**	Repair after conflict | Partly true
12	**I can accept affection without immediately looking for a hidden motive.**	Security in closeness | Very true
13	**I maintain interests outside a close relationship.**	Personal boundaries | Mostly untrue
14	**I speak up in time when something becomes too much.**	Open communication | Very true

Your responses in full / CONTINUED

15 **I can apologise without expecting immediate reconciliation.**
Repair after conflict | Mostly true

16 **I can cope with a trusted person's temporary absence.**
Security in closeness | Partly true

17 **I can handle rejection without pressuring the other person.**
Room for a relationship | Partly true

18 **I can listen without immediately defending my own view.**
Open communication | Very true

19 **I look for a solution both people can accept.**
Repair after conflict | Partly true

20 **I can share vulnerable feelings with a reliable person.**
Security in closeness | Very true

21 **I discuss which information should remain private.**
Personal boundaries | Very true

22 **I discuss expectations before taking them for granted.**
Open communication | Partly true

23 **I can openly describe my current commitments.**
Room for a relationship | Mostly true

24 **I avoid threats when I am angry.**
Repair after conflict | Mostly untrue

25 **I want a relationship for myself, not only because others expect it.**
Room for a relationship | Very true