YOUR ANSWERS. YOUR PERSPECTIVE.

Workstyle

Personal everyday reflection

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

ANSWERED: 28 / 28 | 5 PROFILE AREAS

1

Care and procedures

You describe a noticeable tendency towards using instructions and checklists and openly raising uncertainties or mistakes. This pattern stands out in your responses; it is not a comparison with other people.

2

Teamwork

You describe a noticeable tendency towards explicitly coordinating information, feedback and shared responsibility. 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

Teamwork: Scored responses range from 2 to 5/5 (items 14 & 24).

Your first small step

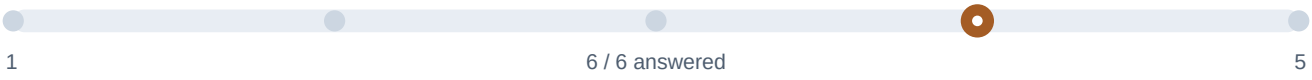
For a shared task, clarify who does what and when you will briefly check in.

02 / YOUR REPORT

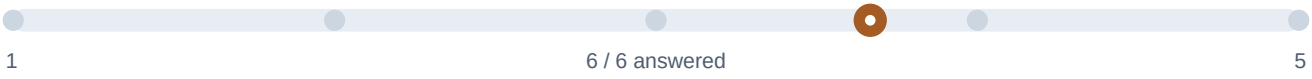
Your profile at a glance

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

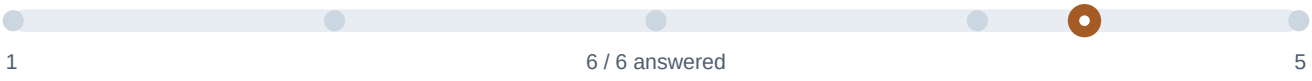
Care and procedures 4.0 / 5



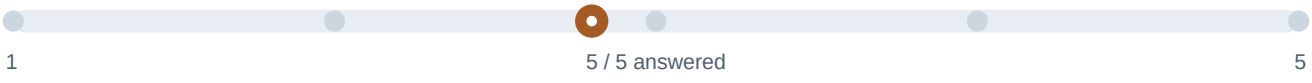
Teamwork 3.7 / 5



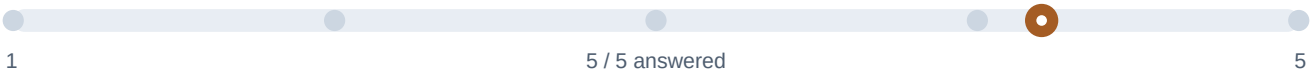
Managing demands 4.3 / 5



Structure 2.8 / 5



Deliberate decisions 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.

Your result shows self-reported care with procedures, teamwork, limits, planning and reflection. It does not replace occupational or aeromedical assessment.

Your result in words

Care and procedures: You describe a noticeable tendency towards using instructions and checklists and openly raising uncertainties or mistakes. This pattern stands out in your responses; it is not a comparison with other people.

Teamwork: You describe a noticeable tendency towards explicitly coordinating information, feedback and shared responsibility. This pattern stands out in your responses; it is not a comparison with other people.

Teamwork: take a closer look

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

Item 14: I ask for the perspective of a quieter team member. | Mostly untrue

Item 24: I can give factual feedback without embarrassing someone. | Very true

Consider a possible everyday situation

For a shared task, clarify who does what and when you will briefly check in.

04 / YOUR REPORT

Care and procedures

Trace your responses and connect them with everyday situations.

This area describes your approach to care and agreed procedures. It is not a professional certification test.

Your response value **4.0 / 5**



What this means in practice

You describe a noticeable tendency towards using instructions and checklists and openly raising uncertainties or mistakes. This pattern stands out in your responses; it is not a comparison with other people.

Two concrete responses

Item 13: I report a mistake even when doing so feels uncomfortable.

Your response: Partly true

Item 22: I ask when an instruction is ambiguous.

Your response: Very true

A prompt for further reflection

Choose a recurring process and consider whether a short checklist would help.

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

05 / YOUR REPORT

Teamwork

Trace your responses and connect them with everyday situations.

These statements look at your view of collaboration, coordination and shared responsibility.

Your response value **3.7 / 5**



1 6 / 6 answered 5

What this means in practice

You describe a noticeable tendency towards explicitly coordinating information, feedback and shared responsibility. 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 14: I ask for the perspective of a quieter team member.

Your response: Mostly untrue

Item 24: I can give factual feedback without embarrassing someone.

Your response: Very true

A prompt for further reflection

For a shared task, clarify who does what and when you will briefly check in.

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

06 / YOUR REPORT

Managing demands

Trace your responses and connect them with everyday situations.

This area concerns your self-reported approach to demands and available energy.

Your response value **4.3 / 5**



What this means in practice

You describe a noticeable tendency towards noticing fatigue and limits, prioritising tasks and requesting help. This pattern stands out in your responses; it is not a comparison with other people.

Two concrete responses

Item 23: Under time pressure, I can drop unnecessary extra tasks.

Your response: Partly true

Item 18: After an interruption, I check where I left off.

Your response: Very true

A prompt for further reflection

For a busy day, note what is essential, what can wait and where you need support.

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

07 / YOUR REPORT

Structure

Trace your responses and connect them with everyday situations.

This area describes your endorsement of planning, order and a clear approach.

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 dividing plans into steps, recording commitments and checking progress. Check individual responses: partial agreement and opposing answers can produce the same average.

Two concrete responses

Item 4: I break larger projects into individual steps.

Your response: Mostly untrue

Item 16: I allow time for unexpected obstacles.

Your response: Mostly true

A prompt for further reflection

Plan three small steps for a task and deliberately leave room for a change.

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

08 / YOUR REPORT

Deliberate decisions

Trace your responses and connect them with everyday situations.

This area concerns reviewing decisions, learning from experience and considering your own approach.

Your response value **4.2 / 5**



1 5 / 5 answered 5

What this means in practice

You describe a noticeable tendency towards considering facts, assumptions and consequences before decisions. This pattern stands out in your responses; it is not a comparison with other people.

Two concrete responses

Item 20: I seek another perspective when much is at stake.

Your response: Partly true

Item 21: I identify what I would do differently next time.

Your response: Very true

A prompt for further reflection

After a decision, note what you knew, what you assumed and what you would do the same way again.

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

09 / YOUR REPORT

Your values clearly explained

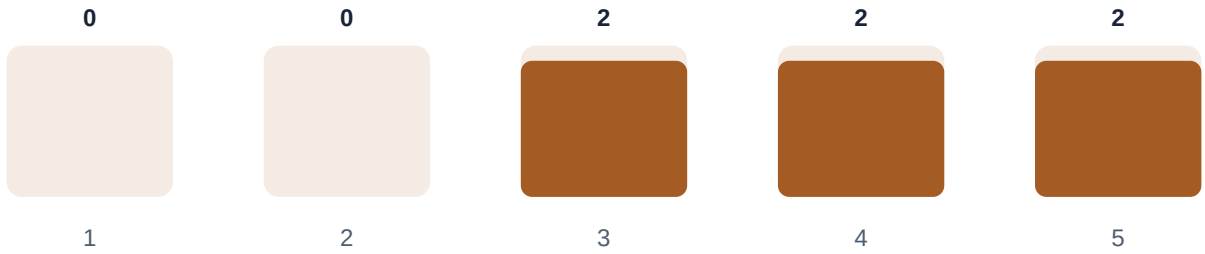
Care and procedures

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.

10 / YOUR REPORT

Your own next step

An optional everyday idea, without a performance target.

1

Today: note one situation

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

2

This week: explore a perspective

For a shared task, clarify who does what and when you will briefly check in.

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 read instructions fully before starting an unfamiliar process.**
Care and procedures | Mostly true

2 **I summarise important agreements in my own words.**
Teamwork | Partly true

3 **I recognise when tiredness affects my attention.**
Managing demands | Very true

4 **I break larger projects into individual steps.**
Structure | Mostly untrue

5 **I distinguish facts from assumptions before deciding.**
Deliberate decisions | Mostly true

6 **I raise uncertainty even with more experienced people.**
Teamwork | Very true

7 **I can request a short break before continuing without focus.**
Managing demands | Mostly true

8 **I write down firm commitments.**
Structure | Partly true

9 **I consider how a decision might affect things later.**
Deliberate decisions | Mostly true

10 **I use a checklist when a process has many steps.**
Care and procedures | Very true

11 **I share relevant information in time.**
Teamwork | Mostly true

12 **I check whether my mood is influencing a judgement.**
Deliberate decisions | Very true

13 **I report a mistake even when doing so feels uncomfortable.**
Care and procedures | Partly true

14 **I ask for the perspective of a quieter team member.**
Teamwork | Mostly untrue

Your responses in full / CONTINUED

15 **I speak up when I cannot manage a task safely.**
Managing demands | Very true

16 **I allow time for unexpected obstacles.**
Structure | Mostly true

17 **I pause a task when a prerequisite is unclear.**
Care and procedures | Mostly true

18 **After an interruption, I check where I left off.**
Managing demands | Very true

19 **I check for missing essentials before finishing.**
Structure | Partly true

20 **I seek another perspective when much is at stake.**
Deliberate decisions | Partly true

21 **I identify what I would do differently next time.**
Deliberate decisions | Very true

22 **I ask when an instruction is ambiguous.**
Care and procedures | Very true

23 **Under time pressure, I can drop unnecessary extra tasks.**
Managing demands | Partly true

24 **I can give factual feedback without embarrassing someone.**
Teamwork | Very true

25 **I can request help without seeing it as a personal failure.**
Managing demands | Mostly true

26 **I compare my progress with my plan.**
Structure | Mostly untrue

27 **I accept a cross-check by another person.**
Care and procedures | Partly true

28 **After a task, I discuss what we can improve together.**
Teamwork | Partly true