YOUR ANSWERS. YOUR PERSPECTIVE.

Thinking-style

Personal everyday reflection

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

ANSWERED: 25 / 25 | 5 PROFILE AREAS

1

Curiosity

You describe a noticeable tendency towards actively exploring unfamiliar topics, new activities and other people's experiences. This pattern stands out in your responses; it is not a comparison with other people.

2

Structure

You describe a noticeable tendency towards dividing plans into steps, recording commitments and checking progress. 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

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

Your first small step

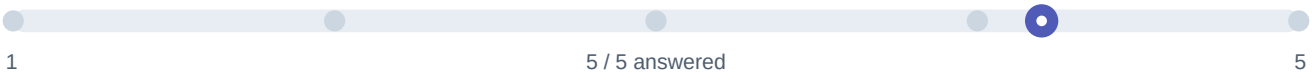
Plan three small steps for a task and deliberately leave room for a change.

02 / YOUR REPORT

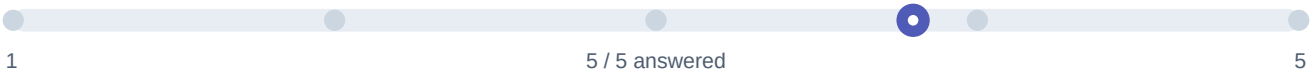
Your profile at a glance

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

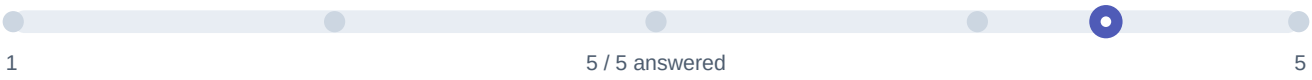
Curiosity 4.2 / 5



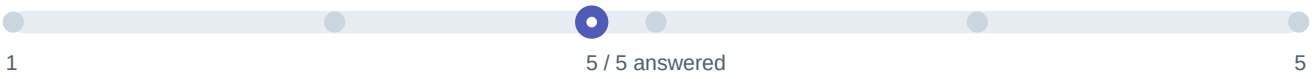
Structure 3.8 / 5



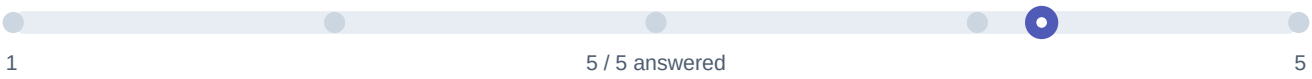
Flexibility 4.4 / 5



Deliberate decisions 2.8 / 5



Initiative 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 profile shows the relative emphasis on curiosity, structure, flexibility, reflection and initiative in your responses. Several themes may stand out; it does not assign a fixed thinking type.

Your result in words

Curiosity: You describe a noticeable tendency towards actively exploring unfamiliar topics, new activities and other people's experiences. This pattern stands out in your responses; it is not a comparison with other people.

Structure: You describe a noticeable tendency towards dividing plans into steps, recording commitments and checking progress. This pattern stands out in your responses; it is not a comparison with other people.

Structure: 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 allow time for unexpected obstacles. | Mostly untrue

Item 24: I compare my progress with my plan. | Very true

Consider a possible everyday situation

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

04 / YOUR REPORT

Curiosity

Trace your responses and connect them with everyday situations.

This area captures your endorsement of curiosity, new questions and exploring possibilities.

Your response value **4.2 / 5**



What this means in practice

You describe a noticeable tendency towards actively exploring unfamiliar topics, new activities and other people's experiences. This pattern stands out in your responses; it is not a comparison with other people.

Two concrete responses

Item 11: I read about topics outside my area of expertise.

Your response: Partly true

Item 21: I enjoy practising a new skill.

Your response: Very true

A prompt for further reflection

Write down one question you want to explore this week out of personal interest.

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

05 / 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 **3.8 / 5**



What this means in practice

You describe a noticeable tendency towards dividing plans into steps, recording commitments and checking progress. 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 allow time for unexpected obstacles.

Your response: Mostly untrue

Item 24: I compare my progress with my plan.

Your response: Very 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?

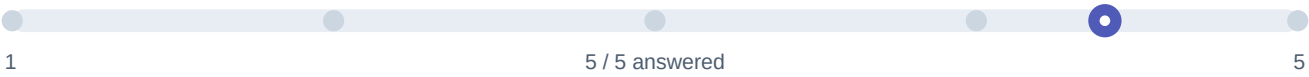
06 / YOUR REPORT

Flexibility

Trace your responses and connect them with everyday situations.

This area asks about your response to change and alternative approaches. It is not a performance test.

Your response value **4.4 / 5**



What this means in practice

You describe a noticeable tendency towards adapting plans and opinions to new information and allowing different approaches. This pattern stands out in your responses; it is not a comparison with other people.

Two concrete responses

Item 25: I accept that not every question can be resolved immediately.

Your response: Partly true

Item 22: I give others room for a different approach.

Your response: Very true

> **A prompt for further reflection**
>
> Choose a small routine and try a different order. What remains useful?

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

07 / 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 **2.8 / 5**

1 — 5 / 5 answered — 5

What this means in practice

Your result does not show a clear direction for considering facts, assumptions and consequences before decisions. Check individual responses: partial agreement and opposing answers can produce the same average.

Two concrete responses

Item 4: I distinguish facts from assumptions before deciding.

Your response: Mostly untrue

Item 13: I check whether my mood is influencing a judgement.

Your response: Mostly 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?

08 / YOUR REPORT

Initiative

Trace your responses and connect them with everyday situations.

The statements concern getting started, initiating action and taking an active role.

Your response value **4.2 / 5**



What this means in practice

You describe a noticeable tendency towards initiating first steps, taking responsibility for commitments and seeking support. This pattern stands out in your responses; it is not a comparison with other people.

Two concrete responses

Item 20: I seek support when I cannot make progress alone.

Your response: Partly true

Item 23: I can get others interested in a shared project.

Your response: Very true

A prompt for further reflection

Choose one small thing you would like to initiate and define the first step.

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

09 / YOUR REPORT

Your values clearly explained

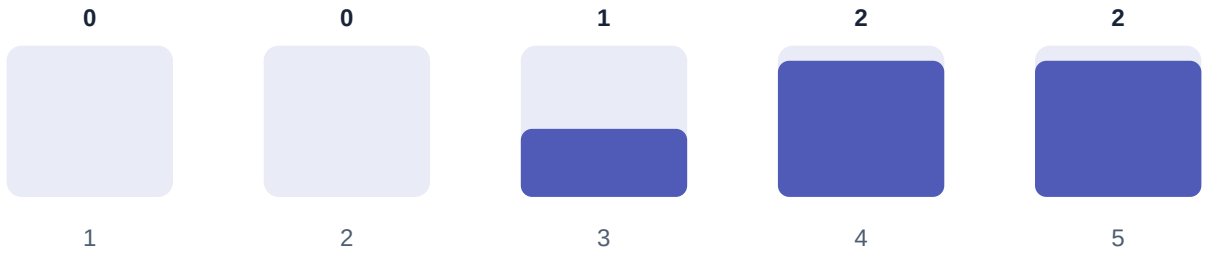
Curiosity

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

2

This week: explore a perspective

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

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 look for explanations for things I do not yet understand.**
Curiosity | Mostly true

2 **I break larger projects into individual steps.**
Structure | Partly true

3 **I adjust a plan when new information appears.**
Flexibility | Very true

4 **I distinguish facts from assumptions before deciding.**
Deliberate decisions | Mostly untrue

5 **I suggest a next step myself.**
Initiative | Mostly true

6 **I occasionally try an unfamiliar activity.**
Curiosity | Very true

7 **I write down firm commitments.**
Structure | Very true

8 **I can change my mind after hearing a good argument.**
Flexibility | Mostly true

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

10 **I start small projects without an outside prompt.**
Initiative | Mostly true

11 **I read about topics outside my area of expertise.**
Curiosity | Partly true

12 **I decide what matters first before starting a task.**
Structure | Mostly true

13 **I check whether my mood is influencing a judgement.**
Deliberate decisions | Mostly true

14 **I allow time for unexpected obstacles.**
Structure | Mostly untrue

Your responses in full / CONTINUED

15 **I can try an unfamiliar role in a group.**
Flexibility | Very true

16 **I take responsibility for my commitments.**
Initiative | Very true

17 **I enjoy learning from people with different experiences.**
Curiosity | Mostly true

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

19 **I identify what I would do differently next time.**
Deliberate decisions | Mostly untrue

20 **I seek support when I cannot make progress alone.**
Initiative | Partly true

21 **I enjoy practising a new skill.**
Curiosity | Very true

22 **I give others room for a different approach.**
Flexibility | Very true

23 **I can get others interested in a shared project.**
Initiative | Very true

24 **I compare my progress with my plan.**
Structure | Very true

25 **I accept that not every question can be resolved immediately.**
Flexibility | Partly true