YOUR ANSWERS. YOUR PERSPECTIVE.

# Leisure

Personal everyday reflection

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

ANSWERED: 18 / 18 | 4 PROFILE AREAS

1

## Shared activities

You describe a noticeable tendency towards initiating shared leisure activities and communicating your preferences. This pattern stands out in your responses; it is not a comparison with other people.

2

## Personal interests

You describe a noticeable tendency towards giving your interests time, including alone and without achievement goals. 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 interests: Scored responses range from 2 to 5/5 (items 11 & 18).

### Your first small step

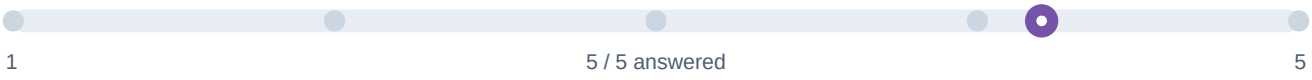
Choose an interest you want to give a small, suitable amount of time to.

02 / YOUR REPORT

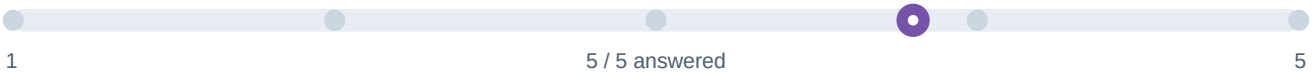
# Your profile at a glance

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

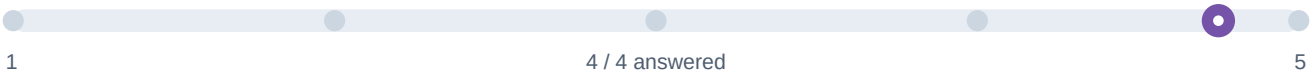
**Shared activities** 4.2 / 5



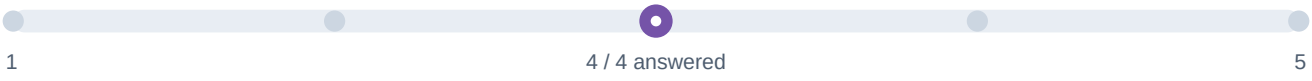

**Personal interests** 3.8 / 5




**Seeking new experiences** 4.8 / 5




**Keeping leisure flexible** 3.0 / 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.

You can see your reported emphasis on shared activities, personal interests, exploration and unplanned time. There is no single correct mix.

## Your result in words

Shared activities: You describe a noticeable tendency towards initiating shared leisure activities and communicating your preferences. This pattern stands out in your responses; it is not a comparison with other people.

Personal interests: You describe a noticeable tendency towards giving your interests time, including alone and without achievement goals. This pattern stands out in your responses; it is not a comparison with other people.

## Personal interests: take a closer look

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

Item 11: I enjoy spending time on a hobby alone. | Mostly not true

Item 18: I distinguish enjoying an activity from being good at it. | True for me

**Consider a possible everyday situation**

Choose an interest you want to give a small, suitable amount of time to.

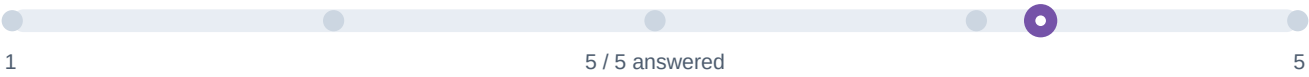
04 / YOUR REPORT

# Shared activities

Trace your responses and connect them with everyday situations.

This area describes how you like to spend leisure time with others.

**Your response value** **4.2 / 5**




## What this means in practice

You describe a noticeable tendency towards initiating shared leisure activities and communicating your preferences. 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 8: I coordinate leisure plans with others' availability.

Your response: Partly true

Item 17: I tell others what kind of gathering I prefer.

Your response: True for me

**A prompt for further reflection**

Consider which simple shared activity you would currently enjoy.

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

05 / YOUR REPORT

# Personal interests

Trace your responses and connect them with everyday situations.

This concerns self-chosen interests without performance or consumption targets.

**Your response value** **3.8 / 5**

1 5 / 5 answered 5

## What this means in practice

You describe a noticeable tendency towards giving your interests time, including alone and without achievement goals. 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 11: I enjoy spending time on a hobby alone.

Your response: Mostly not true

Item 18: I distinguish enjoying an activity from being good at it.

Your response: True for me

> **A prompt for further reflection**
>
> Choose an interest you want to give a small, suitable amount of time to.

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

06 / YOUR REPORT

# Seeking new experiences

Trace your responses and connect them with everyday situations.

This describes your preference for exploration in your free time.

**Your response value** **4.8 / 5**



1 4 / 4 answered 5

## What this means in practice

You describe a noticeable tendency towards exploring unfamiliar places and leisure activities on a small scale first. 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 7: I occasionally try a different leisure activity.

Your response: Mostly true

Item 15: I try something new on a small scale first.

Your response: True for me

**A prompt for further reflection**

Look for one small new experience that fits your budget and circumstances.

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

07 / YOUR REPORT

# Keeping leisure flexible

Trace your responses and connect them with everyday situations.

This concerns the balance between commitments and spontaneously available time.

**Your response value** **3.0 / 5**




## What this means in practice

Your result does not show a clear direction for leaving leisure time unplanned and distinguishing commitments from possible ideas. 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 parts of my leisure time unplanned.

Your response: Mostly not true

Item 14: I speak openly when I want to simplify a leisure plan.

Your response: Mostly true

**A prompt for further reflection**

Leave one part of a free day open and decide at the time.

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

08 / YOUR REPORT

# Your values clearly explained

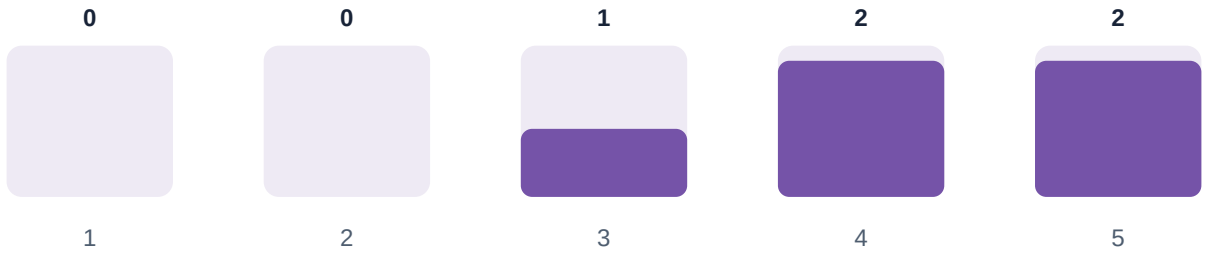
## Shared activities

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.

09 / YOUR REPORT

# Your own next step

An optional everyday idea, without a performance target.

1

### Today: note one situation

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

2

### This week: explore a perspective

Choose an interest you want to give a small, suitable amount of time to.

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 enjoy doing things with others in my free time.**
Shared activities | Mostly true

2 **I reserve free time for a personal interest.**
Personal interests | Partly true

3 **I like exploring an unfamiliar place nearby.**
Seeking new experiences | True for me

4 **I leave some parts of my leisure time unplanned.**
Keeping leisure flexible | Mostly not true

5 **I suggest shared activities myself.**
Shared activities | True for me

6 **I spend time on something without a measurable goal.**
Personal interests | True for me

7 **I occasionally try a different leisure activity.**
Seeking new experiences | Mostly true

8 **I coordinate leisure plans with others' availability.**
Shared activities | Partly true

9 **I choose an activity according to my taste rather than a trend.**
Personal interests | Mostly true

10 **I can enjoy a free day without a special activity.**
Keeping leisure flexible | Partly true

11 **I enjoy spending time on a hobby alone.**
Personal interests | Mostly not true

12 **I find out about activities in my local area.**
Seeking new experiences | True for me

13 **I share interests with people outside my usual circle too.**
Shared activities | Mostly true

14 **I speak openly when I want to simplify a leisure plan.**
Keeping leisure flexible | Mostly true

## Your responses in full / CONTINUED

**15** **I try something new on a small scale first.**

Seeking new experiences | True for me

**16** **I distinguish a firm commitment from a loose idea.**

Keeping leisure flexible | Partly true

**17** **I tell others what kind of gathering I prefer.**

Shared activities | True for me

**18** **I distinguish enjoying an activity from being good at it.**

Personal interests | True for me