YOUR ANSWERS. YOUR PERSPECTIVE.

Emotions

Personal everyday reflection

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

ANSWERED: 24 / 24 | 4 PROFILE AREAS

1

Describing feelings

You describe a noticeable tendency towards naming feelings and distinguishing situations, observations and interpretations. This pattern stands out in your responses; it is not a comparison with other people.

2

Gathering perspectives

You describe a noticeable tendency towards asking about other perspectives and checking more than one explanation for misunderstandings. 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

Gathering perspectives: Scored responses range from 2 to 5/5 (items 14 & 18).

Your first small step

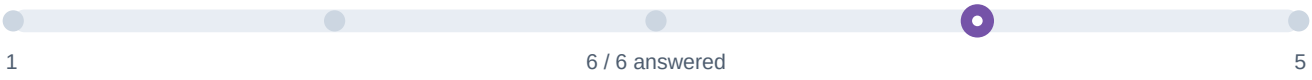
Think of a minor misunderstanding and note two possible perspectives.

02 / YOUR REPORT

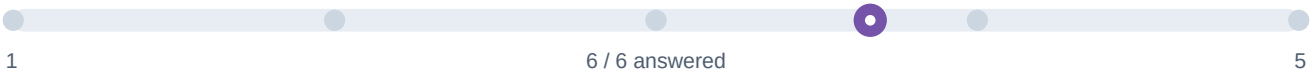
Your profile at a glance

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

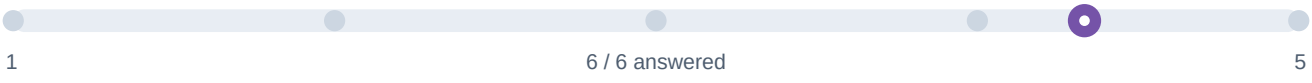
Describing feelings — 4.0 / 5



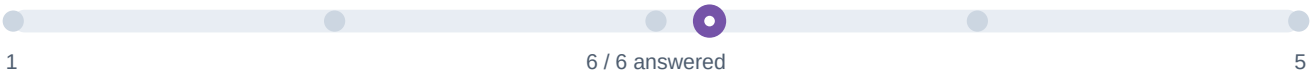
Gathering perspectives — 3.7 / 5



Expressing wishes — 4.3 / 5



Room to reflect — 3.2 / 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 report describes naming feelings, taking perspectives, expressing wishes and reflection. It does not produce an emotional-intelligence or mental-health score.

Your result in words

Describing feelings: You describe a noticeable tendency towards naming feelings and distinguishing situations, observations and interpretations. This pattern stands out in your responses; it is not a comparison with other people.

Gathering perspectives: You describe a noticeable tendency towards asking about other perspectives and checking more than one explanation for misunderstandings. This pattern stands out in your responses; it is not a comparison with other people.

Gathering perspectives: 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 whether I understood a statement correctly. | Mostly not true

Item 18: I can describe someone else's view without agreeing with it. | True for me

Consider a possible everyday situation

Think of a minor misunderstanding and note two possible perspectives.

04 / YOUR REPORT

Describing feelings

Trace your responses and connect them with everyday situations.

These statements describe your habits for putting ordinary feelings into words.

Your response value **4.0 / 5**



1 6 / 6 answered 5

What this means in practice

You describe a noticeable tendency towards naming feelings and distinguishing situations, observations and interpretations. 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 9: I notice when several feelings are present at once.

Your response: Partly true

Item 21: I notice when my impression of a situation changes.

Your response: True for me

A prompt for further reflection

Describe an ordinary moment with a feeling word and a specific occasion.

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

05 / YOUR REPORT

Gathering perspectives

Trace your responses and connect them with everyday situations.

This concerns different perspectives on ordinary everyday situations.

Your response value **3.7 / 5**



1 6 / 6 answered 5

What this means in practice

You describe a noticeable tendency towards asking about other perspectives and checking more than one explanation for misunderstandings. 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 14: I ask whether I understood a statement correctly.

Your response: Mostly not true

Item 18: I can describe someone else's view without agreeing with it.

Your response: True for me

A prompt for further reflection

Think of a minor misunderstanding and note two possible perspectives.

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

06 / YOUR REPORT

Expressing wishes

Trace your responses and connect them with everyday situations.

This describes how you communicate personal wishes in everyday conversations.

Your response value **4.3 / 5**



1 6 / 6 answered 5

What this means in practice

You describe a noticeable tendency towards expressing wishes as specific requests and allowing different responses. 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 15: I accept that others may answer a request differently from what I hoped.

Your response: Partly true

Item 12: I make a request concrete enough for others to respond to.

Your response: True for me

A prompt for further reflection

Express a small wish as a concrete request rather than an assumption about others.

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

07 / YOUR REPORT

Room to reflect

Trace your responses and connect them with everyday situations.

This area describes voluntary reflection habits without a therapeutic purpose.

Your response value **3.2 / 5**



What this means in practice

Your result does not show a clear direction for reflecting deliberately on experiences and deciding when to stop reflecting. Check individual responses: partial agreement and opposing answers can produce the same average.

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 4: I occasionally take time to reflect on a day.

Your response: Mostly not true

Item 23: I decide whether I want to change anything based on an experience.

Your response: True for me

A prompt for further reflection

Choose an everyday experience and note what you want to take from it.

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

08 / YOUR REPORT

Your values clearly explained

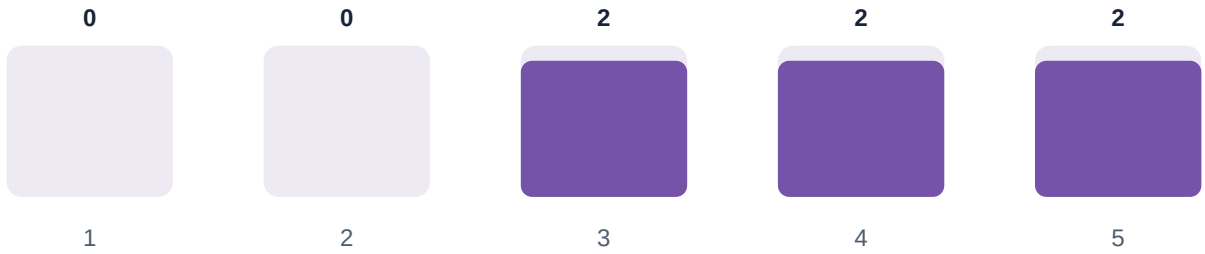
Describing feelings

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

2

This week: explore a perspective

Think of a minor misunderstanding and note two possible perspectives.

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 look for a suitable word for my current mood.**	Describing feelings | Mostly true
2	**I ask how someone experienced a shared situation.**	Gathering perspectives | Partly true
3	**I say what I would like in a specific situation.**	Expressing wishes | True for me
4	**I occasionally take time to reflect on a day.**	Room to reflect | Mostly not true
5	**I distinguish a request from a demand.**	Expressing wishes | Mostly true
6	**I like describing a feeling through a concrete situation.**	Describing feelings | True for me
7	**I distinguish an intention from the effect of an action.**	Gathering perspectives | True for me
8	**I describe my own perspective rather than speaking for everyone.**	Expressing wishes | True for me
9	**I notice when several feelings are present at once.**	Describing feelings | Partly true
10	**I look for a second explanation for a minor misunderstanding.**	Gathering perspectives | Mostly true
11	**I write thoughts down when I enjoy using writing to organise them.**	Room to reflect | Partly true
12	**I make a request concrete enough for others to respond to.**	Expressing wishes | True for me
13	**I distinguish reflection from a decision that needs making.**	Room to reflect | Mostly true
14	**I ask whether I understood a statement correctly.**	Gathering perspectives | Mostly not true

Your responses in full / CONTINUED

15 **I accept that others may answer a request differently from what I hoped.**
Expressing wishes | Partly true

16 **I choose whom to share a personal experience with.**
Room to reflect | Partly true

17 **I distinguish an observation from my evaluation of it.**
Describing feelings | Mostly true

18 **I can describe someone else's view without agreeing with it.**
Gathering perspectives | True for me

19 **I can finish reflecting without resolving everything.**
Room to reflect | Mostly not true

20 **I correct a statement when it does not express what I mean.**
Expressing wishes | Mostly true

21 **I notice when my impression of a situation changes.**
Describing feelings | True for me

22 **I consider what expectations I brought to an encounter.**
Gathering perspectives | Partly true

23 **I decide whether I want to change anything based on an experience.**
Room to reflect | True for me

24 **I do not need to explain every feeling immediately.**
Describing feelings | Partly true