YOUR ANSWERS. YOUR PERSPECTIVE.

Enjoyment

Personal everyday reflection

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

ANSWERED: 18 / 18 | 4 PROFILE AREAS

1

Exploring impressions

You describe a noticeable tendency towards deliberately attending to colours, sounds, scents, tastes and materials. This pattern stands out in your responses; it is not a comparison with other people.

2

Creating moments

You describe a noticeable tendency towards creating small enjoyable moments with what is already available. 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

Creating moments: Scored responses range from 2 to 5/5 (items 16 & 18).

Your first small step

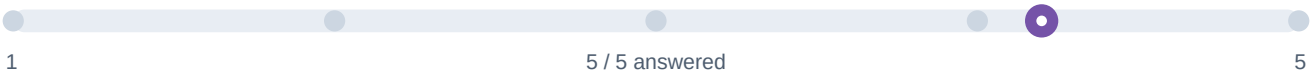
Create a small moment with what you have, without turning it into a project.

02 / YOUR REPORT

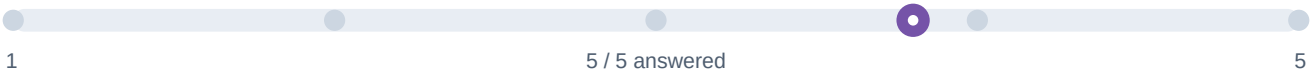
Your profile at a glance

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

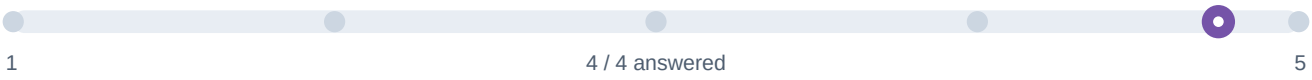
Exploring impressions 4.2 / 5



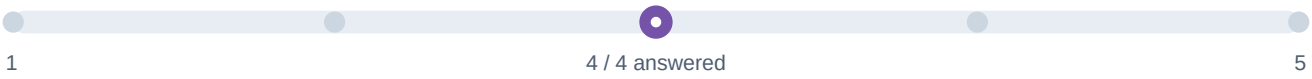
Creating moments 3.8 / 5



Sharing experiences 4.8 / 5



Choosing what you enjoy 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.

The result shows how you attend to details, explore preferences, create enjoyable moments and share them. It does not measure an ability to be happy.

Your result in words

Exploring impressions: You describe a noticeable tendency towards deliberately attending to colours, sounds, scents, tastes and materials. This pattern stands out in your responses; it is not a comparison with other people.

Creating moments: You describe a noticeable tendency towards creating small enjoyable moments with what is already available. This pattern stands out in your responses; it is not a comparison with other people.

Creating moments: take a closer look

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

Item 16: I let small enjoyable experiences happen spontaneously. | Mostly not true

Item 18: I give an enjoyable activity my undivided attention. | True for me

Consider a possible everyday situation

Create a small moment with what you have, without turning it into a project.

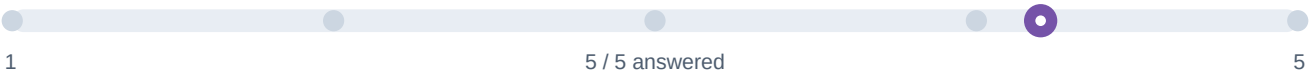
04 / YOUR REPORT

Exploring impressions

Trace your responses and connect them with everyday situations.

This concerns noticing everyday details without assessing your perceptual ability.

Your response value **4.2 / 5**



What this means in practice

You describe a noticeable tendency towards deliberately attending to colours, sounds, scents, tastes and materials. 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 enjoy noticing the aroma of ingredients while cooking.

Your response: Partly true

Item 11: I find the surface of different materials interesting.

Your response: True for me

A prompt for further reflection

Choose a familiar object and describe one detail you like.

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

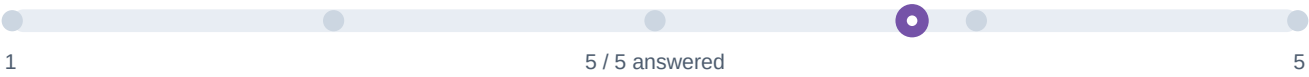
05 / YOUR REPORT

Creating moments

Trace your responses and connect them with everyday situations.

This describes voluntarily creating small enjoyable situations.

Your response value **3.8 / 5**



What this means in practice

You describe a noticeable tendency towards creating small enjoyable moments with what is already available. 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 16: I let small enjoyable experiences happen spontaneously.

Your response: Mostly not true

Item 18: I give an enjoyable activity my undivided attention.

Your response: True for me

> **A prompt for further reflection**
>
> Create a small moment with what you have, without turning it into a project.

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

06 / YOUR REPORT

Sharing experiences

Trace your responses and connect them with everyday situations.

This concerns voluntary sharing and different personal preferences.

Your response value **4.8 / 5**

1 — 4 / 4 answered — 5

What this means in practice

You describe a noticeable tendency towards sharing discoveries while respecting different or private 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 6: I enjoy hearing what others like about an experience.

Your response: Mostly true

Item 17: I also keep some enjoyable experiences to myself.

Your response: True for me

A prompt for further reflection

Share one small enjoyable impression and ask about their view.

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

07 / YOUR REPORT

Choosing what you enjoy

Trace your responses and connect them with everyday situations.

This area describes personal preferences, not right or wrong taste.

Your response value **3.0 / 5**



What this means in practice

Your result does not show a clear direction for recognising your own preferences and exploring taste without fixed expectations. 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 8: I distinguish my preferences from those of others.

Your response: Mostly not true

Item 12: I stick with something simple when I enjoy it.

Your response: Mostly true

A prompt for further reflection

Choose something simple purely according to your taste and note what you like.

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

08 / YOUR REPORT

Your values clearly explained

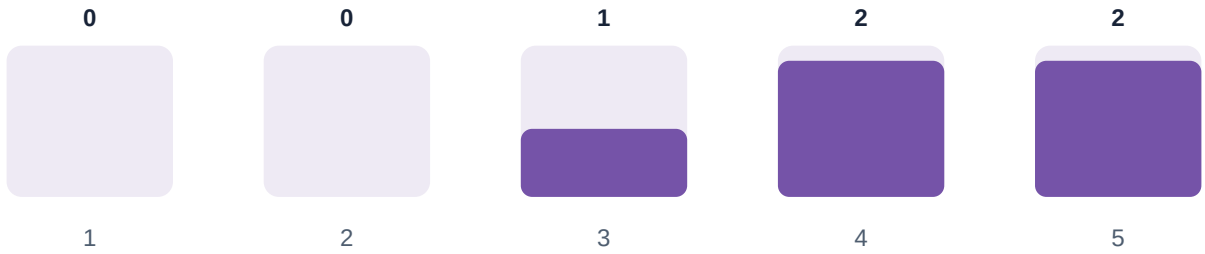
Exploring impressions

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

2

This week: explore a perspective

Create a small moment with what you have, without turning it into a project.

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 looking more closely at colours around me.**	Exploring impressions | Mostly true
2	**I make an ordinary spot pleasant with little effort.**	Creating moments | Partly true
3	**I tell others about a small discovery.**	Sharing experiences | True for me
4	**I listen for individual instruments in a piece of music.**	Exploring impressions | True for me
5	**I make time for a small favourite activity.**	Creating moments | True for me
6	**I enjoy hearing what others like about an experience.**	Sharing experiences | Mostly true
7	**I enjoy noticing the aroma of ingredients while cooking.**	Exploring impressions | Partly true
8	**I distinguish my preferences from those of others.**	Choosing what you enjoy | Mostly not true
9	**I pay attention to the taste of a drink.**	Exploring impressions | Mostly true
10	**I try a new flavour out of curiosity.**	Choosing what you enjoy | Partly true
11	**I find the surface of different materials interesting.**	Exploring impressions | True for me
12	**I stick with something simple when I enjoy it.**	Choosing what you enjoy | Mostly true
13	**I let others have their own taste.**	Sharing experiences | True for me
14	**I use things already available to create a pleasant moment.**	Creating moments | Mostly true

Your responses in full / CONTINUED

15	**I notice when my taste changes over time.**	Choosing what you enjoy | Partly true
16	**I let small enjoyable experiences happen spontaneously.**	Creating moments | Mostly not true
17	**I also keep some enjoyable experiences to myself.**	Sharing experiences | True for me
18	**I give an enjoyable activity my undivided attention.**	Creating moments | True for me