YOUR ANSWERS. YOUR PERSPECTIVE.

Sociability

Personal everyday reflection

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

ANSWERED: 20 / 20 | 4 PROFILE AREAS

1

Preparing conversations

You describe a noticeable tendency towards preparing topics, timing and practical details for conversations. This pattern stands out in your responses; it is not a comparison with other people.

2

Spontaneous contact

You describe a noticeable tendency towards enjoying unplanned conversations, new topics and spontaneous shared activities. 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

Spontaneous contact: Scored responses range from 2 to 5/5 (items 16 & 19).

Your first small step

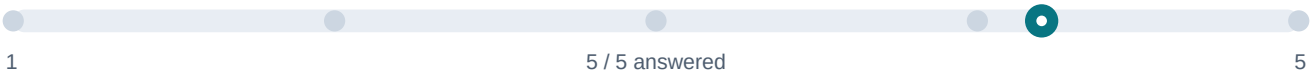
Think of a spontaneous encounter that suited you. What circumstances helped?

02 / YOUR REPORT

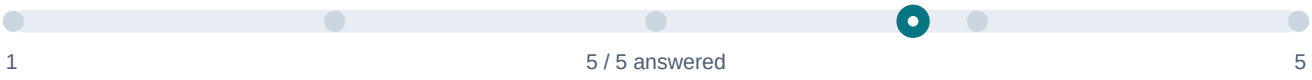
Your profile at a glance

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

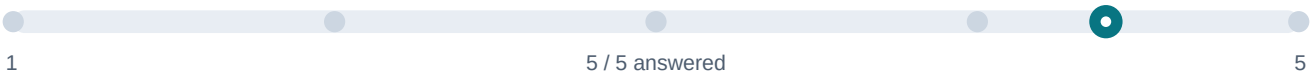
Preparing conversations 4.2 / 5



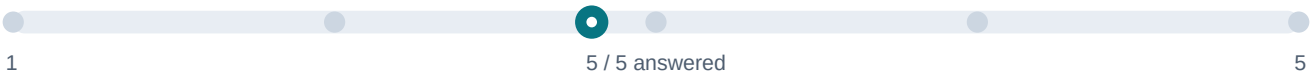
Spontaneous contact 3.8 / 5



Listening and asking 4.4 / 5



Choosing the setting 2.8 / 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 describes preparation, spontaneous interaction, listening and suitable conditions for contact. It does not determine your social competence.

Your result in words

Preparing conversations: You describe a noticeable tendency towards preparing topics, timing and practical details for conversations. This pattern stands out in your responses; it is not a comparison with other people.

Spontaneous contact: You describe a noticeable tendency towards enjoying unplanned conversations, new topics and spontaneous shared activities. This pattern stands out in your responses; it is not a comparison with other people.

Spontaneous contact: 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 enjoy joining an unplanned shared activity. | Mostly not true

Item 19: I can enjoy a conversation without a fixed goal. | True for me

Consider a possible everyday situation

Think of a spontaneous encounter that suited you. What circumstances helped?

04 / YOUR REPORT

Preparing conversations

Trace your responses and connect them with everyday situations.

These statements describe your preference for preparing conversations.

Your response value **4.2 / 5**



1 5 / 5 answered 5

What this means in practice

You describe a noticeable tendency towards preparing topics, timing and practical details for conversations. 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 10: I choose a suitable time for personal topics.

Your response: Partly true

Item 17: I prepare information others need from me.

Your response: True for me

A prompt for further reflection

Before a conversation, note one point you would like to raise.

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

05 / YOUR REPORT

Spontaneous contact

Trace your responses and connect them with everyday situations.

This concerns your preference for unplanned interaction, not social competence.

Your response value **3.8 / 5**



1 5 / 5 answered 5

What this means in practice

You describe a noticeable tendency towards enjoying unplanned conversations, new topics and spontaneous shared activities. 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 enjoy joining an unplanned shared activity.

Your response: Mostly not true

Item 19: I can enjoy a conversation without a fixed goal.

Your response: True for me

A prompt for further reflection

Think of a spontaneous encounter that suited you. What circumstances helped?

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

06 / YOUR REPORT

Listening and asking

Trace your responses and connect them with everyday situations.

This area brings together self-described conversation habits.

Your response value **4.4 / 5**



1 5 / 5 answered 5

What this means in practice

You describe a noticeable tendency towards letting people finish, asking questions and distinguishing listening from agreement. 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 20: I say when I have understood something differently.

Your response: Partly true

Item 13: I ask whether someone wants an idea or simply wants to talk.

Your response: True for me

A prompt for further reflection

Ask a genuine follow-up question in a conversation without making it an obligation.

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

07 / YOUR REPORT

Choosing the setting

Trace your responses and connect them with everyday situations.

This describes how you choose conversation settings according to your preferences.

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 agreeing communication channels, location and conversation length with others. 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 choose different ways of communicating for different topics.

Your response: Mostly not true

Item 9: I choose a suitable place for a longer conversation.

Your response: Mostly true

A prompt for further reflection

Compare two possible formats for an exchange, such as a walk and a message.

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

08 / YOUR REPORT

Your values clearly explained

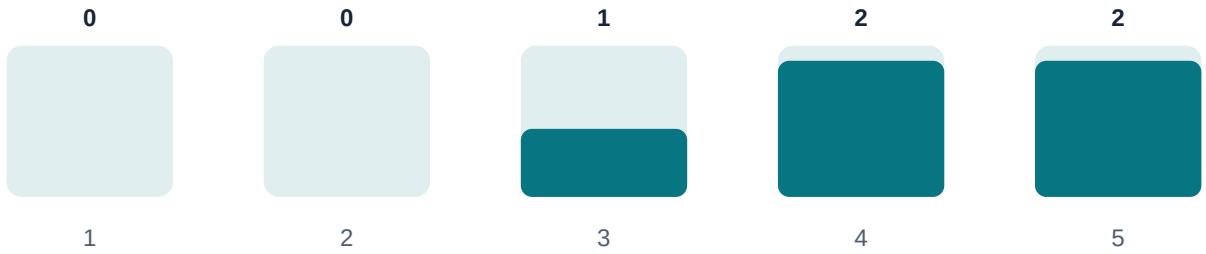
Preparing conversations

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: Spontaneous contact. 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 spontaneous encounter that suited you. What circumstances helped?

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 consider what I want to raise before important conversations.**	Preparing conversations | Mostly true
2	**I enjoy starting an unplanned conversation about a shared situation.**	Spontaneous contact | Partly true
3	**I let others finish a thought.**	Listening and asking | True for me
4	**I choose different ways of communicating for different topics.**	Choosing the setting | Mostly not true
5	**I find out the purpose of a new group meeting beforehand.**	Preparing conversations | True for me
6	**I enjoy picking up new conversation topics.**	Spontaneous contact | True for me
7	**I ask for an example when I want to understand something better.**	Listening and asking | Mostly true
8	**I say when I would prefer a one-to-one conversation.**	Choosing the setting | Partly true
9	**I choose a suitable place for a longer conversation.**	Choosing the setting | Mostly true
10	**I choose a suitable time for personal topics.**	Preparing conversations | Partly true
11	**I enjoy brief conversations between other activities.**	Spontaneous contact | Mostly true
12	**I distinguish listening from agreeing.**	Listening and asking | True for me
13	**I ask whether someone wants an idea or simply wants to talk.**	Listening and asking | True for me
14	**I ask about other people's preferences for a meeting.**	Choosing the setting | Partly true

Your responses in full / CONTINUED

15	**I clarify practical details before a meeting.** Preparing conversations | Mostly true
16	**I enjoy joining an unplanned shared activity.** Spontaneous contact | Mostly not true
17	**I prepare information others need from me.** Preparing conversations | True for me
18	**I agree on an approximate conversation length when useful.** Choosing the setting | Mostly not true
19	**I can enjoy a conversation without a fixed goal.** Spontaneous contact | True for me
20	**I say when I have understood something differently.** Listening and asking | Partly true