YOUR ANSWERS. YOUR PERSPECTIVE.

Togetherness

Personal everyday reflection

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

ANSWERED: 26 / 26 | 5 PROFILE AREAS

1

Open communication

You describe a noticeable tendency towards expressing needs specifically and clarifying expectations by asking. This pattern stands out in your responses; it is not a comparison with other people.

2

Care

You describe a noticeable tendency towards listening, noticing people who are overlooked and asking what help is wanted. 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

Care: Scored responses range from 2 to 5/5 (items 19 & 25).

Your first small step

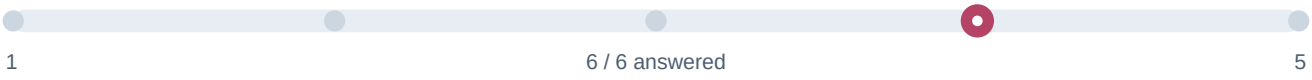
Ask someone you trust what support they would actually find useful.

02 / YOUR REPORT

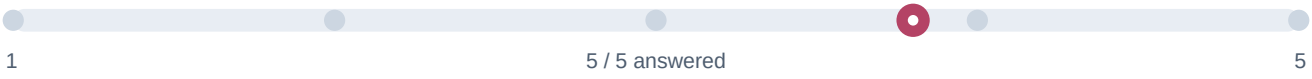
Your profile at a glance

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

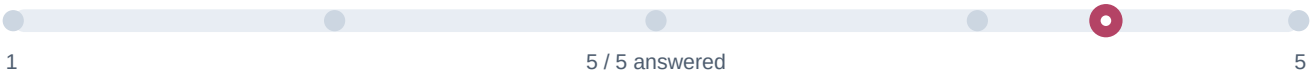
Open communication 4.0 / 5



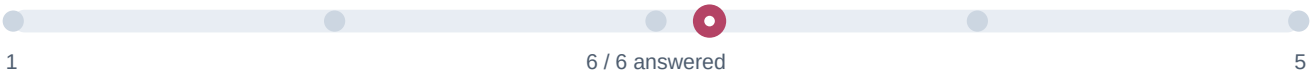
Care 3.8 / 5



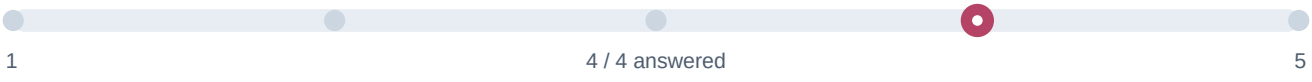
Personal boundaries 4.4 / 5



Repair after conflict 3.2 / 5



Practical support 4.0 / 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 profile makes your reported communication, care, boundaries, repair and practical help concrete. It does not judge your worth or the quality of an entire relationship.

Your result in words

Open communication: You describe a noticeable tendency towards expressing needs specifically and clarifying expectations by asking. This pattern stands out in your responses; it is not a comparison with other people.

Care: You describe a noticeable tendency towards listening, noticing people who are overlooked and asking what help is wanted. This pattern stands out in your responses; it is not a comparison with other people.

Care: take a closer look

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

Item 19: I explicitly acknowledge other people's efforts. | Mostly untrue

Item 25: I can be there for others without taking over every responsibility. | Very true

Consider a possible everyday situation

Ask someone you trust what support they would actually find useful.

04 / YOUR REPORT

Open communication

Trace your responses and connect them with everyday situations.

These statements look at how you describe sharing wishes, thoughts and needs.

Your response value **4.0 / 5**

1 — 6 / 6 answered — 5

What this means in practice

You describe a noticeable tendency towards expressing needs specifically and clarifying expectations by asking. This pattern stands out in your responses; it is not a comparison with other people.

Two concrete responses

Item 11: I speak up in time when something becomes too much.

Your response: Partly true

Item 17: I discuss expectations before taking them for granted.

Your response: Very true

A prompt for further reflection

Express one wish using an I-statement and ask for the other person’s perspective.

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

05 / YOUR REPORT

Care

Trace your responses and connect them with everyday situations.

The statements describe how you see attention and care for others in everyday life.

Your response value **3.8 / 5**



1 5 / 5 answered 5

What this means in practice

You describe a noticeable tendency towards listening, noticing people who are overlooked and asking what help is wanted. 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 19: I explicitly acknowledge other people's efforts.

Your response: Mostly untrue

Item 25: I can be there for others without taking over every responsibility.

Your response: Very true

A prompt for further reflection

Ask someone you trust what support they would actually find useful.

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

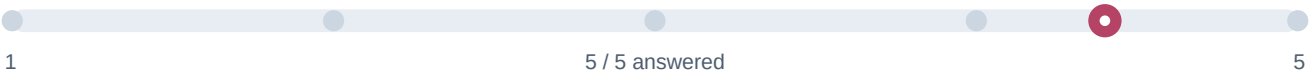
06 / YOUR REPORT

Personal boundaries

Trace your responses and connect them with everyday situations.

This area concerns personal boundaries, saying no and negotiating with others.

Your response value **4.4 / 5**



What this means in practice

You describe a noticeable tendency towards naming your boundaries, respecting a no and maintaining your own interests. This pattern stands out in your responses; it is not a comparison with other people.

Two concrete responses

Item 20: I allow others their own friendships and interests.

Your response: Partly true

Item 18: I discuss which information should remain private.

Your response: Very true

A prompt for further reflection

Write down one kind, clear boundary that would help in an everyday situation.

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

07 / YOUR REPORT

Repair after conflict

Trace your responses and connect them with everyday situations.

This area concerns handling tension and reopening conversation after conflict.

Your response value **3.2 / 5**



What this means in practice

Your result does not show a clear direction for returning to conversations after conflict, considering responsibility and seeking solutions. 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.

Two concrete responses

Item 4: I can return to a disagreement after a break.

Your response: Mostly untrue

Item 26: I seek support when conflicts repeatedly get stuck.

Your response: Very true

A prompt for further reflection

Choose a minor disagreement and first name what you would like to contribute to the conversation.

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

08 / YOUR REPORT

Practical support

Trace your responses and connect them with everyday situations.

This area looks at practical support and sharing a burden.

Your response value **4.0 / 5**

1 — 4 / 4 answered — 5

What this means in practice

You describe a noticeable tendency towards experiencing practical help and shared problem-solving as expressions of care. This pattern stands out in your responses; it is not a comparison with other people.

Two concrete responses

Item 24: I want shared tasks to be divided fairly.

Your response: Partly true

Item 21: Solving an everyday problem together can create closeness for me.

Your response: Very true

A prompt for further reflection

Offer one specific form of help and ask whether it is wanted.

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

09 / YOUR REPORT

Your values clearly explained

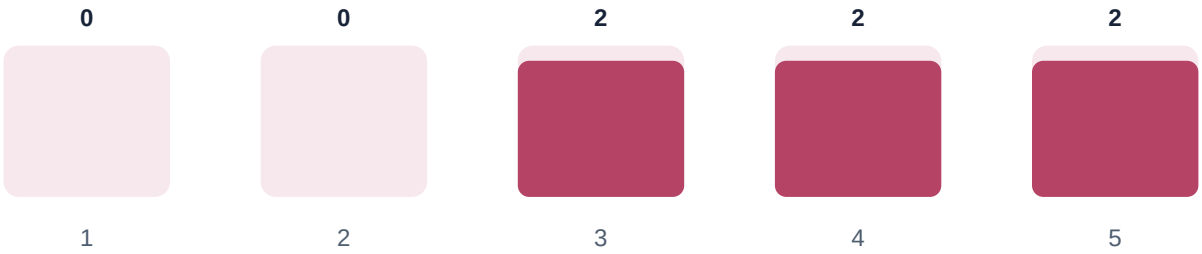
Open communication

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.

10 / YOUR REPORT

Your own next step

An optional everyday idea, without a performance target.

1

Today: note one situation

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

2

This week: explore a perspective

Ask someone you trust what support they would actually find useful.

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 express needs as specifically as possible.**
Open communication | Mostly true

2 **I ask how people around me are doing.**
Care | Partly true

3 **I know some needs that I do not want to disregard.**
Personal boundaries | Very true

4 **I can return to a disagreement after a break.**
Repair after conflict | Mostly untrue

5 **I ask rather than guessing another person's intention.**
Open communication | Very true

6 **I can say no without questioning my affection.**
Personal boundaries | Mostly true

7 **I appreciate someone sharing a demanding task with me.**
Practical support | Mostly true

8 **I notice when someone in a group is overlooked.**
Care | Very true

9 **I respect a no without continuing to push.**
Personal boundaries | Very true

10 **I try to recognise my part in a conflict.**
Repair after conflict | Partly true

11 **I speak up in time when something becomes too much.**
Open communication | Partly true

12 **I can apologise without expecting immediate reconciliation.**
Repair after conflict | Mostly true

13 **I show affection by helping with everyday tasks.**
Practical support | Mostly true

14 **I can listen without immediately defending my own view.**
Open communication | Mostly true

Your responses in full / CONTINUED

15 **I consider other people's needs in shared plans.**
Care | Mostly true

16 **I look for a solution both people can accept.**
Repair after conflict | Partly true

17 **I discuss expectations before taking them for granted.**
Open communication | Very true

18 **I discuss which information should remain private.**
Personal boundaries | Very true

19 **I explicitly acknowledge other people's efforts.**
Care | Mostly untrue

20 **I allow others their own friendships and interests.**
Personal boundaries | Partly true

21 **Solving an everyday problem together can create closeness for me.**
Practical support | Very true

22 **I raise difficult topics at a suitable time.**
Open communication | Partly true

23 **I later check whether our agreement helped.**
Repair after conflict | Mostly untrue

24 **I want shared tasks to be divided fairly.**
Practical support | Partly true

25 **I can be there for others without taking over every responsibility.**
Care | Very true

26 **I seek support when conflicts repeatedly get stuck.**
Repair after conflict | Very true