YOUR ANSWERS. YOUR PERSPECTIVE.

# Personality

Personal everyday reflection

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

ANSWERED: 30 / 30 | 5 PROFILE AREAS

1

## Initiative

You describe a noticeable tendency towards initiating first steps, taking responsibility for commitments and seeking support. 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 & 26).

**Your first small step**

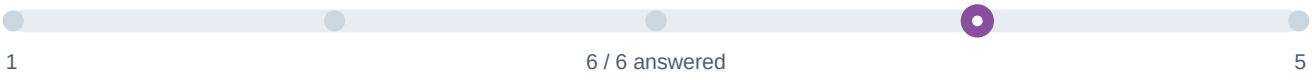
Ask someone you trust what support they would actually find useful.

02 / YOUR REPORT

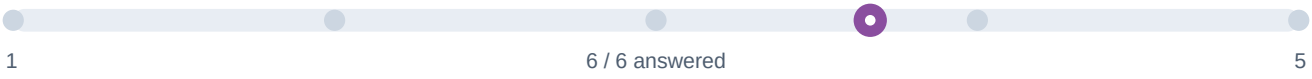
# Your profile at a glance

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

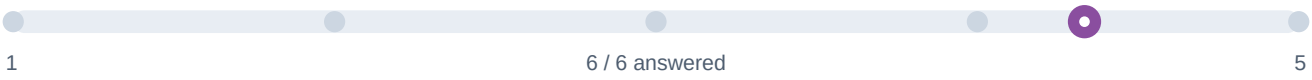
**Initiative** 4.0 / 5



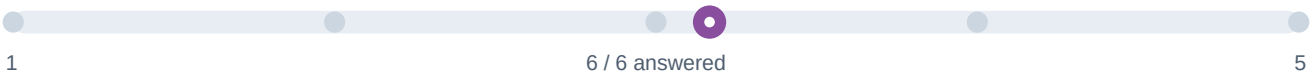

**Care** 3.7 / 5



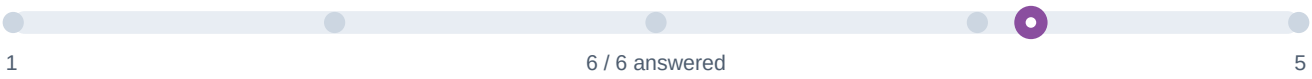

**Creating** 4.3 / 5




**Curiosity** 3.2 / 5




**Structure** 4.2 / 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 shows which reported approaches stand out across initiative, care, creativity, curiosity and structure. It does not assign a fixed personality type.

## Your result in words

Initiative: You describe a noticeable tendency towards initiating first steps, taking responsibility for commitments and seeking support. 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 consider other people's needs in shared plans. | Mostly untrue

Item 26: I ask what kind of help is wanted. | Very true

> **Consider a possible everyday situation**
>
> Ask someone you trust what support they would actually find useful.

04 / YOUR REPORT

# Initiative

Trace your responses and connect them with everyday situations.

The statements concern getting started, initiating action and taking an active role.

**Your response value** **4.0 / 5**




## What this means in practice

You describe a noticeable tendency towards initiating first steps, taking responsibility for commitments and seeking support. This pattern stands out in your responses; it is not a comparison with other people.

## Two concrete responses

Item 15: I take responsibility for my commitments.

Your response: Partly true

Item 25: I can get others interested in a shared project.

Your response: Very true

**A prompt for further reflection**

Choose one small thing you would like to initiate and define the first step.

**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** **3.7 / 5**



1 6 / 6 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 consider other people's needs in shared plans.

Your response: Mostly untrue

Item 26: I ask what kind of help is wanted.

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

# Creating

Trace your responses and connect them with everyday situations.

This area captures your endorsement of creating, generating ideas and developing your own solutions.

**Your response value** **4.3 / 5**



1 6 / 6 answered 5

## What this means in practice

You describe a noticeable tendency towards developing your own ideas, forms of expression and alternative solutions. This pattern stands out in your responses; it is not a comparison with other people.

## Two concrete responses

Item 23: I develop my own examples to explain things.

Your response: Partly true

Item 16: I shape my surroundings according to my own ideas.

Your response: Very true

> **A prompt for further reflection**
>
> Sketch two versions of a small task before choosing one.

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

07 / YOUR REPORT

# Curiosity

Trace your responses and connect them with everyday situations.

This area captures your endorsement of curiosity, new questions and exploring possibilities.

**Your response value** **3.2 / 5**




## What this means in practice

Your result does not show a clear direction for actively exploring unfamiliar topics, new activities and other people's experiences. 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 look for explanations for things I do not yet understand.

Your response: Mostly untrue

Item 24: I enjoy practising a new skill.

Your response: Very true

**A prompt for further reflection**

Write down one question you want to explore this week out of personal interest.

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

08 / YOUR REPORT

# Structure

Trace your responses and connect them with everyday situations.

This area describes your endorsement of planning, order and a clear approach.

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

1 — 6 / 6 answered — 5

## What this means in practice

You describe a noticeable tendency towards dividing plans into steps, recording commitments and checking progress. This pattern stands out in your responses; it is not a comparison with other people.

## Two concrete responses

Item 18: I allow time for unexpected obstacles.

Your response: Partly true

Item 21: I check for missing essentials before finishing.

Your response: Very true

> **A prompt for further reflection**
>
> Plan three small steps for a task and deliberately leave room for a change.

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

09 / YOUR REPORT

# Your values clearly explained

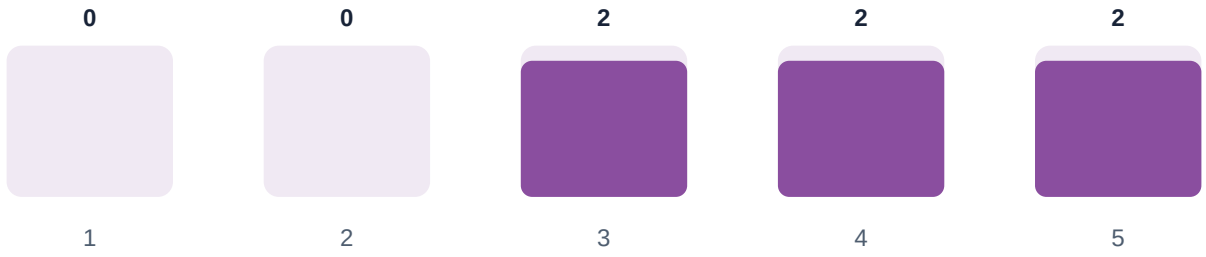
## Initiative

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 suggest a next step myself.**
Initiative | Mostly true

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

3 **I enjoy developing several ideas for an open question.**
Creating | Very true

4 **I look for explanations for things I do not yet understand.**
Curiosity | Mostly untrue

5 **I break larger projects into individual steps.**
Structure | Mostly true

6 **I start small projects without an outside prompt.**
Initiative | Very true

7 **I listen before offering advice.**
Care | Very true

8 **I enjoy expressing thoughts through images, writing or music.**
Creating | Mostly true

9 **I occasionally try an unfamiliar activity.**
Curiosity | Partly true

10 **I write down firm commitments.**
Structure | Mostly true

11 **I notice when someone in a group is overlooked.**
Care | Mostly true

12 **I combine familiar things in unfamiliar ways.**
Creating | Very true

13 **I read about topics outside my area of expertise.**
Curiosity | Mostly true

14 **I decide what matters first before starting a task.**
Structure | Very true

## Your responses in full / CONTINUED

15 **I take responsibility for my commitments.**
Initiative | Partly true

16 **I shape my surroundings according to my own ideas.**
Creating | Very true

17 **I ask questions when a claim sounds surprising.**
Curiosity | Partly true

18 **I allow time for unexpected obstacles.**
Structure | Partly true

19 **I consider other people's needs in shared plans.**
Care | Mostly untrue

20 **I enjoy learning from people with different experiences.**
Curiosity | Mostly untrue

21 **I check for missing essentials before finishing.**
Structure | Very true

22 **I seek support when I cannot make progress alone.**
Initiative | Mostly true

23 **I develop my own examples to explain things.**
Creating | Partly true

24 **I enjoy practising a new skill.**
Curiosity | Very true

25 **I can get others interested in a shared project.**
Initiative | Very true

26 **I ask what kind of help is wanted.**
Care | Very true

27 **I revise my own drafts until they match my intention.**
Creating | Mostly true

28 **I compare my progress with my plan.**
Structure | Mostly true

29 **After a setback, I continue with a manageable step.**
Initiative | Partly true

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