YOUR ANSWERS. YOUR PERSPECTIVE.

Flexibility

Personal everyday reflection

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

ANSWERED: 20 / 20 | 4 PROFILE AREAS

1

Familiar routines

You describe a noticeable tendency towards simplifying recurring tasks through fixed places, sequences and agreements. This pattern stands out in your responses; it is not a comparison with other people.

2

Useful organisation

You describe a noticeable tendency towards organising belongings and files around retrieval and shared use. 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

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

Your first small step

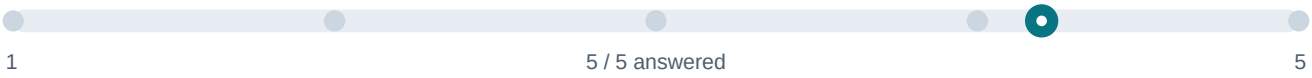
Check whether your system makes things easier to find in one small area.

02 / YOUR REPORT

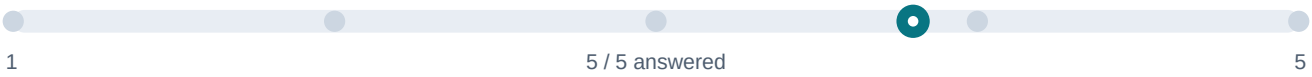
Your profile at a glance

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

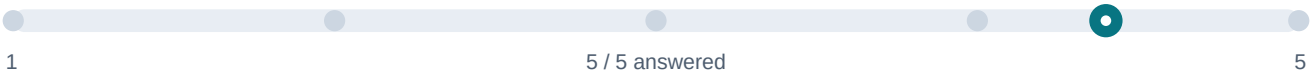
Familiar routines 4.2 / 5



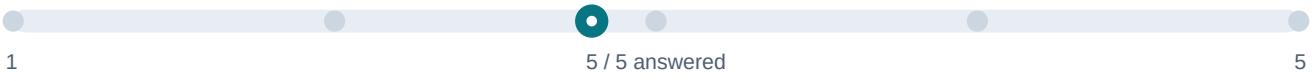
Useful organisation 3.8 / 5



Spontaneous variation 4.4 / 5



Finding shared flexibility 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.

The result shows how you describe routines, organisation, variation and shared rules. Routines and openness can both be prominent.

Your result in words

Familiar routines: You describe a noticeable tendency towards simplifying recurring tasks through fixed places, sequences and agreements. This pattern stands out in your responses; it is not a comparison with other people.

Useful organisation: You describe a noticeable tendency towards organising belongings and files around retrieval and shared use. This pattern stands out in your responses; it is not a comparison with other people.

Useful organisation: 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 use understandable names for digital files. | Mostly not true

Item 19: I design shared organisation systems with the other people involved. | True for me

Consider a possible everyday situation

Check whether your system makes things easier to find in one small area.

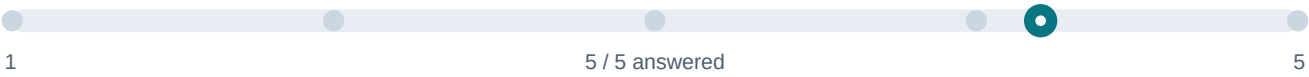
04 / YOUR REPORT

Familiar routines

Trace your responses and connect them with everyday situations.

This describes your preference for recurring practical routines.

Your response value **4.2 / 5**



What this means in practice

You describe a noticeable tendency towards simplifying recurring tasks through fixed places, sequences and agreements. 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 11: I like clear agreements for shared household tasks.

Your response: Partly true

Item 20: I check whether a habit still saves me effort.

Your response: True for me

A prompt for further reflection

Choose one routine you like keeping and name its practical benefit.

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

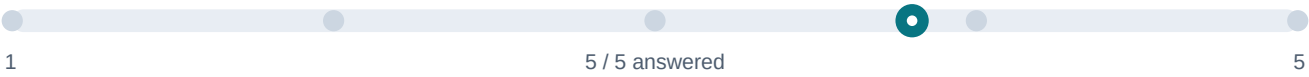
05 / YOUR REPORT

Useful organisation

Trace your responses and connect them with everyday situations.

This concerns chosen organisation systems, not a judgement of tidiness.

Your response value **3.8 / 5**



What this means in practice

You describe a noticeable tendency towards organising belongings and files around retrieval and shared use. 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 use understandable names for digital files.

Your response: Mostly not true

Item 19: I design shared organisation systems with the other people involved.

Your response: True for me

A prompt for further reflection

Check whether your system makes things easier to find in one small area.

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

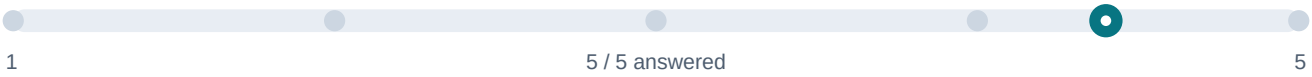
06 / YOUR REPORT

Spontaneous variation

Trace your responses and connect them with everyday situations.

This area describes your preference for small everyday variations.

Your response value **4.4 / 5**



What this means in practice

You describe a noticeable tendency towards allowing small changes of plan, new suggestions and provisional solutions. 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 17: I deliberately leave some planning details open.

Your response: Partly true

Item 14: I can try a practical solution provisionally.

Your response: True for me

A prompt for further reflection

Choose a low-stakes everyday situation in which you would like to try another sequence.

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

07 / YOUR REPORT

Finding shared flexibility

Trace your responses and connect them with everyday situations.

This concerns agreements between different everyday 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 distinguishing shared rules from personal preferences and seeking workable compromises. 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 ask others which agreements matter to them.

Your response: Mostly not true

Item 10: I distinguish shared rules from personal preferences.

Your response: Mostly true

A prompt for further reflection

For a shared activity, discuss what should be fixed and what can remain open.

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

08 / YOUR REPORT

Your values clearly explained

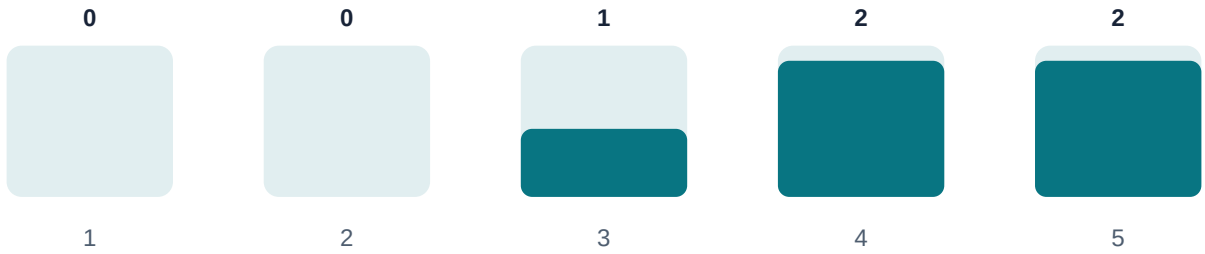
Familiar routines

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

2

This week: explore a perspective

Check whether your system makes things easier to find in one small area.

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 like doing recurring tasks in a familiar order.**	Familiar routines | Mostly true
2	**I arrange things so I can find them again.**	Useful organisation | Partly true
3	**I enjoy changing leisure plans for a suitable opportunity.**	Spontaneous variation | True for me
4	**I ask others which agreements matter to them.**	Finding shared flexibility | Mostly not true
5	**I use consistent places for frequently used items.**	Familiar routines | True for me
6	**I distinguish frequently and rarely needed items.**	Useful organisation | True for me
7	**I occasionally try a different order for simple tasks.**	Spontaneous variation | Mostly true
8	**I make room for new suggestions during shared outings.**	Spontaneous variation | True for me
9	**I let others use their own practical approach.**	Finding shared flexibility | Partly true
10	**I distinguish shared rules from personal preferences.**	Finding shared flexibility | Mostly true
11	**I like clear agreements for shared household tasks.**	Familiar routines | Partly true
12	**I leave room for new items.**	Useful organisation | Mostly true
13	**I look for a practical solution when preferences differ.**	Finding shared flexibility | Partly true
14	**I can try a practical solution provisionally.**	Spontaneous variation | True for me

Your responses in full / CONTINUED

15 **I agree how changes to shared plans will be communicated.**
Finding shared flexibility | Mostly not true

16 **I use understandable names for digital files.**
Useful organisation | Mostly not true

17 **I deliberately leave some planning details open.**
Spontaneous variation | Partly true

18 **I plan routine maintenance or tidying tasks.**
Familiar routines | Mostly true

19 **I design shared organisation systems with the other people involved.**
Useful organisation | True for me

20 **I check whether a habit still saves me effort.**
Familiar routines | True for me