YOUR ANSWERS. YOUR PERSPECTIVE.

Social-conduct

Personal everyday reflection

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

ANSWERED: 22 / 22 | 4 PROFILE AREAS

1

Agreements and dependability

You describe friction around shared rules and changes of plan. In your account, others do not always learn in time what they can rely on.

2

Conflict responses

You describe sharper reactions to disagreement and difficulty returning to matter-of-fact listening after conflict. Earlier grievances may add pressure to the current conversation. Some responses differ substantially from this direction.

3

Individual responses matter

Conflict responses: Scored responses range from 2 to 5/5 (items 9 & 10).

Your first small step

Consider the start of an argument: which specific statement triggered it, and where did the conversation become sharper?

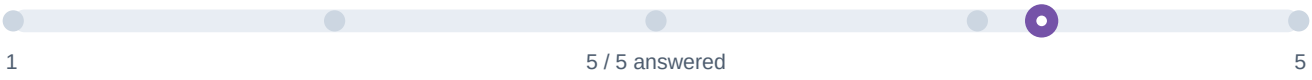
02 / YOUR REPORT

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.

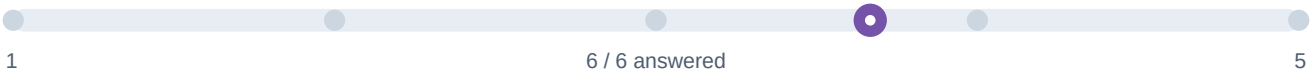
Agreements and dependability

4.2 / 5



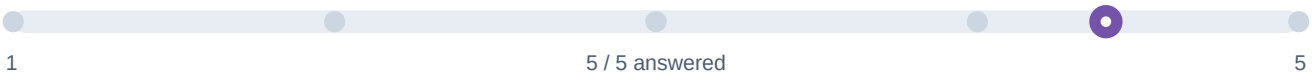
Conflict responses

3.7 / 5



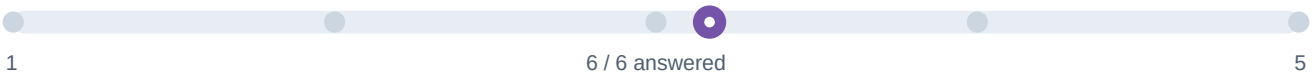
Consideration and shared boundaries

4.4 / 5



Resolution and making amends

3.2 / 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.

This report organises your own account of agreements, conflict, consideration and resolution. It describes interaction patterns, not your worth as a person or the presence of a conduct disorder.

Your result in words

Agreements and dependability: You describe friction around shared rules and changes of plan. In your account, others do not always learn in time what they can rely on.

Conflict responses: You describe sharper reactions to disagreement and difficulty returning to matter-of-fact listening after conflict. Earlier grievances may add pressure to the current conversation.

Conflict responses: take a closer look

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

Item 9: I can usually hear a different opinion without immediately objecting. | Mostly true

Item 10: I usually notice in time when a pause would be more useful than more arguments. | Not at all true

Consider a possible everyday situation

Consider the start of an argument: which specific statement triggered it, and where did the conversation become sharper?

04 / YOUR REPORT

Agreements and dependability

Trace your responses and connect them with everyday situations.

This area concerns how you handle shared rules and commitments in daily life. Self-report does not establish actual dependability.

Your response value **4.2 / 5**



1 5 / 5 answered 5

What this means in practice

You describe friction around shared rules and changes of plan. In your account, others do not always learn in time what they can rely on.

Scale direction: less friction around agreements / more friction around agreements.

Two concrete responses

Item 3: For shared tasks, I usually clarify early what I can reliably provide.

Your response: Partly true (reverse-scored in the calculation)

Item 5: I normally communicate changes in what I can do before others have to ask.

Your response: Not at all true (reverse-scored in the calculation)

A prompt for further reflection

Choose a specific agreement: was it clear to everyone who would do what and by when? Where did expectations differ?

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

05 / YOUR REPORT

Conflict responses

Trace your responses and connect them with everyday situations.

These statements describe responses to disagreement and frustration in everyday conversations. No violent intentions or dangerousness scores are inferred.

Your response value **3.7 / 5**



What this means in practice

You describe sharper reactions to disagreement and difficulty returning to matter-of-fact listening after conflict. Earlier grievances may add pressure to the current conversation.

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: calmer reported responses / sharper reported responses.

Two concrete responses

Item 9: I can usually hear a different opinion without immediately objecting.

Your response: Mostly true (reverse-scored in the calculation)

Item 10: I usually notice in time when a pause would be more useful than more arguments.

Your response: Not at all true (reverse-scored in the calculation)

A prompt for further reflection

Consider the start of an argument: which specific statement triggered it, and where did the conversation become sharper?

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

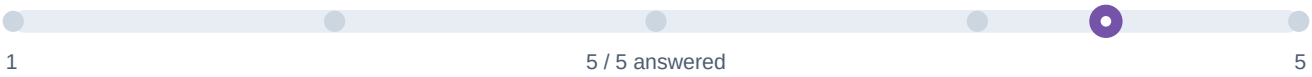
06 / YOUR REPORT

Consideration and shared boundaries

Trace your responses and connect them with everyday situations.

This area describes how visible other people's needs and boundaries are in your everyday decisions. It is not an overall moral judgement.

Your response value **4.4 / 5**



What this means in practice

You describe initially prioritising your habits or share of conversation. Others' requests for consideration may feel more like personal restrictions to you.

Scale direction: more reported consideration / less reported consideration.

Two concrete responses

Item 16: I can usually respect that others have different boundaries around the same matter.

Your response: Partly true (reverse-scored in the calculation)

Item 15: In a group, I take more speaking time than I allow others.

Your response: Very true

A prompt for further reflection

Think of a shared situation or space. What was convenient for you, and what mattered to others?

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

07 / YOUR REPORT

Resolution and making amends

Trace your responses and connect them with everyday situations.

This area concerns how you address misunderstandings or your mistakes after conflict. Responses prove neither intention nor blame in a particular situation.

Your response value **3.2 / 5**



What this means in practice

Your answers fall between “more reported willingness to resolve” and “less reported willingness to resolve”. This can reflect differing experiences or tentative agreement. The particular statements you endorse or reject are more informative here than the average alone.

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: more reported willingness to resolve / less reported willingness to resolve.

Two concrete responses

Item 17: After an argument, I usually wait for the other person to take the first step.

Your response: Mostly untrue

Item 22: I postpone a practical step to make amends even after we have discussed it.

Your response: Very true

A prompt for further reflection

Consider an unresolved disagreement: what is known, what is disputed, and what specific clarification would matter to both sides?

08 / YOUR REPORT

Your values clearly explained

Agreements and dependability

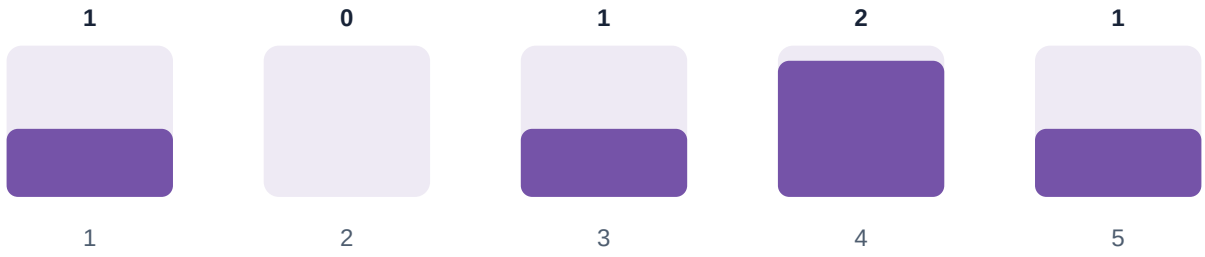
Response positions are counted from 1 to 5. The sum is divided by the number of answered statements in this area.

For reverse-scored statements, 1 becomes 5, 2 becomes 4 and vice versa; 3 stays 3. This aligns values with the stated scale direction. Your selected response remains unchanged in the appendix.

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

2

This week: explore a perspective

Consider the start of an argument: which specific statement triggered it, and where did the conversation become sharper?

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

This original, non-clinically-validated questionnaire is only for adults aged 18 or over. It describes selected everyday behaviours and does not identify conduct disorder or antisocial personality disorder. It is not a child or adolescent questionnaire and does not assess violence, criminality, dangerousness or suitability. Responses concern you only and must not be used to assess other people.

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 sometimes change shared plans without involving others in time.**	Agreements and dependability | Mostly true
2	**I take an agreed rule less seriously when it seems unnecessary to me personally.**	Agreements and dependability | Very true
3	**For shared tasks, I usually clarify early what I can reliably provide.**	Agreements and dependability | Partly true | reverse-scored
4	**In groups, I am more likely to follow rules when someone monitors them.**	Agreements and dependability | Mostly true
5	**I normally communicate changes in what I can do before others have to ask.**	Agreements and dependability | Not at all true | reverse-scored
6	**When someone disagrees, my tone becomes sharper more quickly than I intend.**	Conflict responses | Partly true
7	**I interrupt others when I consider their explanation unfair.**	Conflict responses | Very true
8	**During a current argument, I sometimes bring up older grievances.**	Conflict responses | Mostly true
9	**I can usually hear a different opinion without immediately objecting.**	Conflict responses | Mostly true | reverse-scored
10	**I usually notice in time when a pause would be more useful than more arguments.**	Conflict responses | Not at all true | reverse-scored
11	**After an irritable exchange, I need a long time before I can listen calmly again.**	Conflict responses | Partly true
12	**In shared spaces, I first follow my own habits.**	Consideration and shared boundaries | Very true
13	**I quickly experience a request for consideration as a personal restriction.**	Consideration and shared boundaries | Mostly true
14	**I normally ask before changing something that affects several people.**	Consideration and shared boundaries | Not at all true | reverse-scored

Your responses in full / CONTINUED

15 **In a group, I take more speaking time than I allow others.**
Consideration and shared boundaries | Very true

16 **I can usually respect that others have different boundaries around the same matter.**
Consideration and shared boundaries | Partly true | reverse-scored

17 **After an argument, I usually wait for the other person to take the first step.**
Resolution and making amends | Mostly untrue

18 **I sometimes avoid a clarifying conversation because my part in it feels uncomfortable.**
Resolution and making amends | Partly true

19 **When apologising, I spend longer explaining my reasons than acknowledging the effect of my behaviour.**
Resolution and making amends | Mostly true

20 **I can normally say specifically what I could have done differently in an argument.**
Resolution and making amends | Partly true | reverse-scored

21 **After resolving an issue, I usually check whether the key point was understood from the other person's perspective.**
Resolution and making amends | Mostly true | reverse-scored

22 **I postpone a practical step to make amends even after we have discussed it.**
Resolution and making amends | Very true