YOUR ANSWERS. YOUR PERSPECTIVE.

# Uncertainty

Personal everyday reflection

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

ANSWERED: 24 / 24 | 4 PROFILE AREAS

1

## Organising information

You describe a noticeable tendency towards separating facts from assumptions and checking information relevant to a decision. This pattern stands out in your responses; it is not a comparison with other people.

2

## Considering options

You describe a noticeable tendency towards comparing options using your own criteria and considering which decisions can be changed. 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

Considering options: Scored responses range from 2 to 5/5 (items 11 & 16).

### Your first small step

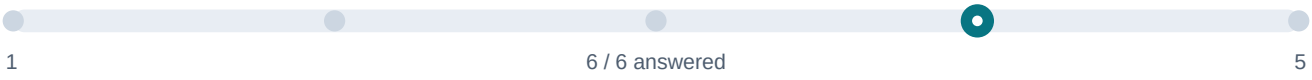
Compare two options using three criteria of your own.

02 / YOUR REPORT

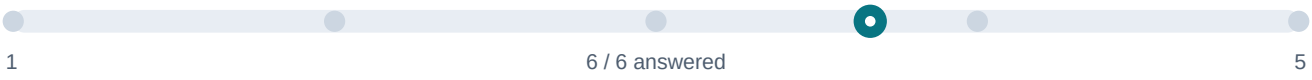
# Your profile at a glance

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

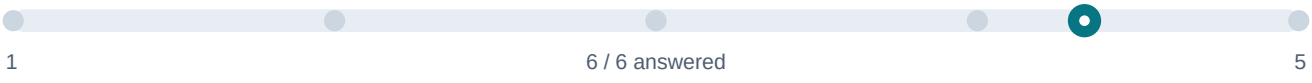
**Organising information** 4.0 / 5



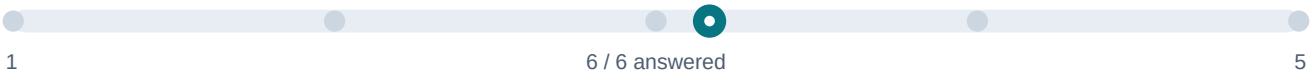

**Considering options** 3.7 / 5




**Trying small decisions** 4.3 / 5




**Leaving things open** 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.

You can see how you check information, compare options, try small steps and leave questions open. This is not an anxiety measure.

## Your result in words

Organising information: You describe a noticeable tendency towards separating facts from assumptions and checking information relevant to a decision. This pattern stands out in your responses; it is not a comparison with other people.

Considering options: You describe a noticeable tendency towards comparing options using your own criteria and considering which decisions can be changed. This pattern stands out in your responses; it is not a comparison with other people.

## Considering options: take a closer look

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

Item 11: I ask which decisions can be changed later. | Mostly not true

Item 16: I distinguish a wish from a necessary requirement. | True for me

**Consider a possible everyday situation**

Compare two options using three criteria of your own.

04 / YOUR REPORT

# Organising information

Trace your responses and connect them with everyday situations.

This area describes how you handle information before everyday decisions.

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




## What this means in practice

You describe a noticeable tendency towards separating facts from assumptions and checking information relevant to a decision. 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 compare information from several suitable sources.

Your response: Partly true

Item 18: I decide when I have enough information for a small step.

Your response: True for me

**A prompt for further reflection**

For one small decision, separate facts, unknowns and assumptions.

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

05 / YOUR REPORT

# Considering options

Trace your responses and connect them with everyday situations.

This describes how you compare alternatives in ordinary decisions.

**Your response value** **3.7 / 5**



1 6 / 6 answered 5

## What this means in practice

You describe a noticeable tendency towards comparing options using your own criteria and considering which decisions can be changed. 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 11: I ask which decisions can be changed later.

Your response: Mostly not true

Item 16: I distinguish a wish from a necessary requirement.

Your response: True for me

**A prompt for further reflection**

Compare two options using three criteria of your own.

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

06 / YOUR REPORT

# Trying small decisions

Trace your responses and connect them with everyday situations.

This concerns small everyday trials rather than clinical coping techniques.

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

1 — 6 / 6 answered — 5

## What this means in practice

You describe a noticeable tendency towards trying small, limited experiments and reviewing them afterwards. 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 19: I make small decisions without complete predictability.

Your response: Partly true

Item 15: I decide after an experience whether to continue.

Your response: True for me

**A prompt for further reflection**

Choose an easily reversible everyday decision and a time to review it.

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

07 / YOUR REPORT

# Leaving things open

Trace your responses and connect them with everyday situations.

This area describes how you decide what to settle now and what to leave for later.

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




## What this means in practice

Your result does not show a clear direction for deliberately leaving questions open and agreeing when to revisit them. 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.

Scale direction: less agreement with these statements / more agreement with these statements.

## Two concrete responses

Item 4: I decide when to revisit an open question.

Your response: Mostly not true

Item 24: I can agree on a plan with explicitly open points.

Your response: True for me

> **A prompt for further reflection**
>
> Choose when to return to one open question.

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

08 / YOUR REPORT

# Your values clearly explained

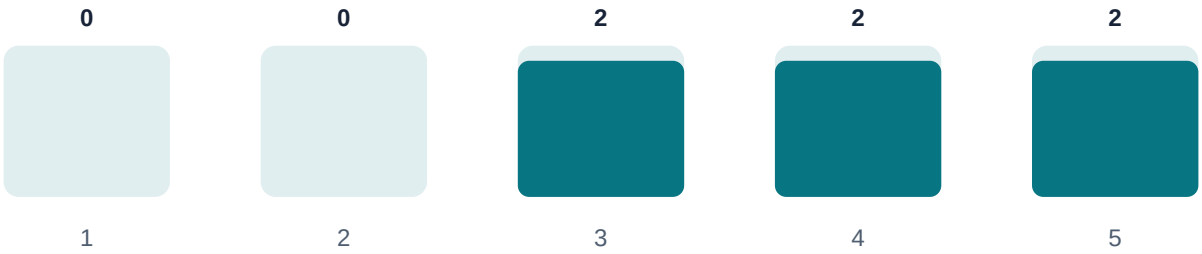
## Organising information

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.

09 / YOUR REPORT

# Your own next step

An optional everyday idea, without a performance target.

1

### Today: note one situation

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

2

### This week: explore a perspective

Compare two options using three criteria of your own.

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 distinguish confirmed information from assumptions.**
Organising information | Mostly true

2 **I look for more than one way to pursue a plan.**
Considering options | Partly true

3 **For small decisions, I try a limited version.**
Trying small decisions | True for me

4 **I decide when to revisit an open question.**
Leaving things open | Mostly not true

5 **I write down open questions before a decision.**
Organising information | True for me

6 **I name what matters to me in a decision.**
Considering options | True for me

7 **I decide in advance how long to try something.**
Trying small decisions | Mostly true

8 **I compare the effort involved in different options.**
Considering options | Mostly true

9 **I leave details open when they are not yet important.**
Leaving things open | Partly true

10 **I compare information from several suitable sources.**
Organising information | Partly true

11 **I ask which decisions can be changed later.**
Considering options | Mostly not true

12 **I note what I want to learn from a trial.**
Trying small decisions | True for me

13 **I tell others when a decision is still pending.**
Leaving things open | Mostly true

14 **I check whether information is relevant to my decision.**
Organising information | Mostly true

## Your responses in full / CONTINUED

**15** **I decide after an experience whether to continue.**
Trying small decisions | True for me

**16** **I distinguish a wish from a necessary requirement.**
Considering options | True for me

**17** **I do not change every decision because a new option appears.**
Leaving things open | Partly true

**18** **I decide when I have enough information for a small step.**
Organising information | True for me

**19** **I make small decisions without complete predictability.**
Trying small decisions | Partly true

**20** **I accept some flexibility in everyday plans.**
Leaving things open | Mostly not true

**21** **I compare options without expecting a perfect choice.**
Considering options | Partly true

**22** **I consider feedback without automatically adopting it.**
Trying small decisions | Mostly true

**23** **I revise my view when new facts emerge.**
Organising information | Partly true

**24** **I can agree on a plan with explicitly open points.**
Leaving things open | True for me