YOUR ANSWERS. YOUR PERSPECTIVE.

Change

Personal everyday reflection

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

ANSWERED: 22 / 22 | 4 PROFILE AREAS

1

Getting an overview

You describe a noticeable tendency towards clarifying steps, responsibilities and what remains unchanged during transitions. This pattern stands out in your responses; it is not a comparison with other people.

2

Keeping familiar elements

You describe a noticeable tendency towards bringing familiar habits, knowledge and contacts into new routines. 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

Keeping familiar elements: Scored responses range from 2 to 5/5 (items 18 & 20).

Your first small step

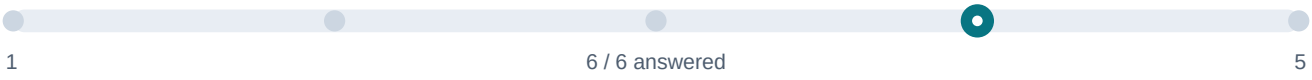
Consider which familiar small element you want to carry into a new routine.

02 / YOUR REPORT

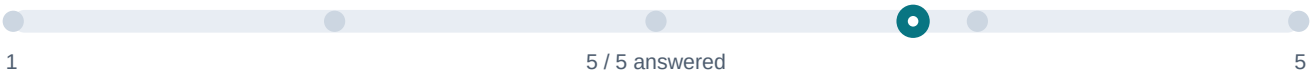
Your profile at a glance

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

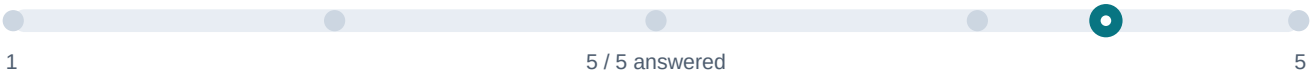
Getting an overview 4.0 / 5



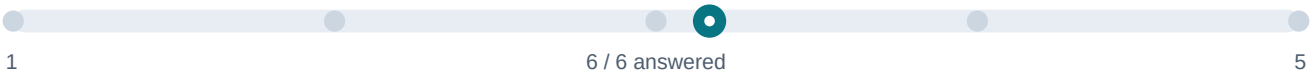
Keeping familiar elements 3.8 / 5



Trying new approaches 4.4 / 5



Coordinating changes 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 whether orientation, familiarity, small trials or coordination shape your response to changes. Distressing experiences are not assessed here.

Your result in words

Getting an overview: You describe a noticeable tendency towards clarifying steps, responsibilities and what remains unchanged during transitions. This pattern stands out in your responses; it is not a comparison with other people.

Keeping familiar elements: You describe a noticeable tendency towards bringing familiar habits, knowledge and contacts into new routines. This pattern stands out in your responses; it is not a comparison with other people.

Keeping familiar elements: take a closer look

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

Item 18: I use existing knowledge in new surroundings. | Mostly not true

Item 20: I deliberately decide what I do not want to change. | True for me

Consider a possible everyday situation

Consider which familiar small element you want to carry into a new routine.

04 / YOUR REPORT

Getting an overview

Trace your responses and connect them with everyday situations.

This concerns ordinary changes such as new routines or places, not processing distressing experiences.

Your response value **4.0 / 5**



What this means in practice

You describe a noticeable tendency towards clarifying steps, responsibilities and what remains unchanged during transitions. 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 8: I ask who is responsible for each practical question.

Your response: Partly true

Item 19: I clarify what stays the same during a change.

Your response: True for me

A prompt for further reflection

Choose a small change and note what actually changes and what stays the same.

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

05 / YOUR REPORT

Keeping familiar elements

Trace your responses and connect them with everyday situations.

This concerns habits you deliberately keep during everyday changes.

Your response value **3.8 / 5**



1 5 / 5 answered 5

What this means in practice

You describe a noticeable tendency towards bringing familiar habits, knowledge and contacts into new routines. 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 18: I use existing knowledge in new surroundings.

Your response: Mostly not true

Item 20: I deliberately decide what I do not want to change.

Your response: True for me

A prompt for further reflection

Consider which familiar small element you want to carry into a new routine.

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

06 / YOUR REPORT

Trying new approaches

Trace your responses and connect them with everyday situations.

This area describes small explorations in ordinary everyday situations.

Your response value **4.4 / 5**



1 5 / 5 answered 5

What this means in practice

You describe a noticeable tendency towards exploring unfamiliar situations through small trials and practical experiments. 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 16: I decide after trying something what I want to keep.

Your response: Partly true

Item 15: I try different practical solutions.

Your response: True for me

A prompt for further reflection

Try one manageable step in an ordinary low-stakes new situation.

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

07 / YOUR REPORT

Coordinating changes

Trace your responses and connect them with everyday situations.

This concerns shared planning and communication around everyday changes.

Your response value **3.2 / 5**



What this means in practice

Your result does not show a clear direction for communicating changes early and coordinating transitions with other people. 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 tell others about changed plans in good time.

Your response: Mostly not true

Item 22: I leave room for different preferences during shared changes.

Your response: True for me

A prompt for further reflection

Agree on a specific next conversation about a shared change.

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

08 / YOUR REPORT

Your values clearly explained

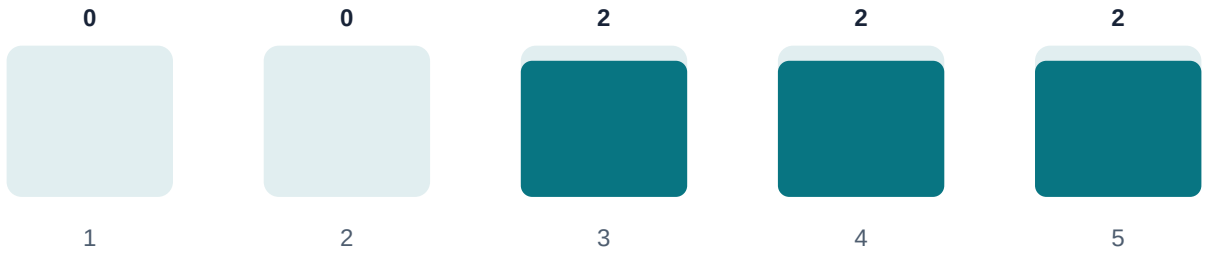
Getting an overview

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: Keeping familiar elements. 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 which familiar small element you want to carry into a new routine.

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 clarify the main steps of a new process first.**	Getting an overview | Mostly true
2	**I keep useful habits when routines change.**	Keeping familiar elements | Partly true
3	**I try a new approach on a small task first.**	Trying new approaches | True for me
4	**I tell others about changed plans in good time.**	Coordinating changes | Mostly not true
5	**I look around when I am in a new place.**	Getting an overview | True for me
6	**I take time to get to know new surroundings.**	Trying new approaches | Mostly true
7	**I ask which parts of a change affect others.**	Coordinating changes | Partly true
8	**I ask who is responsible for each practical question.**	Getting an overview | Partly true
9	**I clarify new responsibilities explicitly.**	Coordinating changes | Mostly true
10	**I connect new tasks with steps I already know.**	Keeping familiar elements | True for me
11	**I see a first attempt as an opportunity to learn.**	Trying new approaches | True for me
12	**I discuss practical temporary arrangements.**	Coordinating changes | Partly true
13	**I distinguish essentials from details when something changes.**	Getting an overview | Mostly true
14	**I keep in touch with important people when things change.**	Keeping familiar elements | Mostly true

Your responses in full / CONTINUED

15	**I try different practical solutions.**	Trying new approaches | True for me
16	**I decide after trying something what I want to keep.**	Trying new approaches | Partly true
17	**I ask about the views of others involved.**	Coordinating changes | Mostly not true
18	**I use existing knowledge in new surroundings.**	Keeping familiar elements | Mostly not true
19	**I clarify what stays the same during a change.**	Getting an overview | True for me
20	**I deliberately decide what I do not want to change.**	Keeping familiar elements | True for me
21	**I check which information I actually need straight away.**	Getting an overview | Partly true
22	**I leave room for different preferences during shared changes.**	Coordinating changes | True for me