Profi Competence
Tests for Adults

EMOTIONS

REPORT
MY EMOTIONS

Report: Name

Report type: Short

ID: 0000

Date: 2021-02-10

2019 by **PROFI COMPETENCE** | www.proficompetence.com | contact@proficompetence.com

REPORT TEST

MY EMOTIONS

My Emotions Test is a multidimensional tool used in personality testing in the context of numerous areas of your life, both private and professional. This method allows for an accurate and detailed description of your personality in terms of emotions resulting from your individual profile determined by your age, gender and experience. The tool identifies your emotions and attitudes towards the world and the future. It examines the strength of coping with difficulties, determines your level of optimism and your attitude towards the future goals. It helps you to identify the areas necessary for inner peace. The comprehensive report you hold in your hand presents your typical ways of behaving, feeling and thinking in different life situations. The test describes your results in five sub-dimensions:

Reading the report, you will find answers to a number of questions about your functioning in the emotional sphere. You will find out about your reactions, behaviours, attitudes, beliefs, strengths and areas for development. The suggested guidelines refer, among others, to your emotional, social, intellectual and physical development.

This report offers comprehensive knowledge about yourself, which can translate into your goals and decisions in your private and professional life.

2019 by **PROFI COMPETENCE** | www.proficompetence.com | contact@proficompetence.com

HOW TO INTERPRET THE REPORT

When analysing your results, pay attention to the fact that some subdimensions may present your natural traits and other subdimensions may provide information about your learned reactions. It's completely natural. In your everyday functioning, you mostly apply your innate traits, talents and strong sides.

However, sometimes the position that you take or the role that you assume in a team (privately and professionally) requires from you certain behaviours. After some time innate reactions become so obvious that you accept them as your natural reactions.

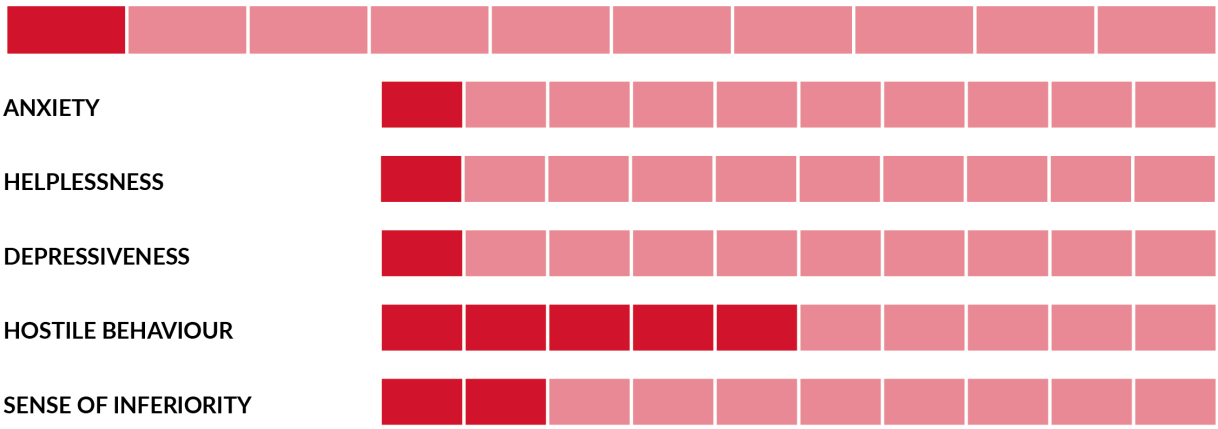
When analysing the results, decide which of the subdimensions show what is innate to you and which ones show a developed way of being. Additionally decide which traits you would like to keep working on, which ones you would like to start working on and which ones you are fully satisfied with.

Pay attention to the fact that in some of the assessments you may have a generally low result in your overall score, however, particular subdimensions (one or two) may show moderate or high scores.

Example:

The overall assessment score, which is the average of the subdimension results, describes the global image of a person in action, combining the results of all the subdimensions into one general score.

MY EMOTIONS



It is possible to receive a low result on the scale of **MY EMOTIONS** despite receiving a high result in the **HOSTILE BEHAVIOUR** subdimension.

We are then dealing with a person who is generally calm, manages well difficult situations in life, doesn't fall into a gloomy mood and who has the freedom to express themselves and their opinions in social situations, however, a high level of hostile behaviour is present within them. They thus have the tendency to experience anger internally and to even show aggression on the outside. This may result from, for example, a heavy overload of duties.

2019 by **PROFI COMPETENCE** | www.proficompetence.com | contact@proficompetence.com

MY EMOTIONS - A

The dimension ***My Emotions*** describes the intensity of the occurence and strength of different emotions which influence everyday functioning. It shows the level of anxiety when approaching difficult challenges, the stage of falling into a depressive state. It measures the tendency to self-criticise. It also reveals the internal experience of anger, aggression or will to give up in difficult situations. It is the knowledge of internal states which influence actions and reactions in everyday situations.

ANXIETY

It determines the level of internal fear and tension and the strength of the tendency to worry. It shows the tendency to be overly concerned about current and future situations.

HELPLESSNESS

It determines the vulnerability to stress and failure to cope in difficult situations. It shows the tendency to surrender in the case of danger. It measures the strength of succumbing to paralysing emotions in difficult moments. It determines the degree of the demand for external support in such situations.

DEPRESSIVENESS

It determines the tendency to fall into a sad mood. It shows the tendency to feel depressed, lonely or guilty, regardless of the day, situation or the surrounding people.

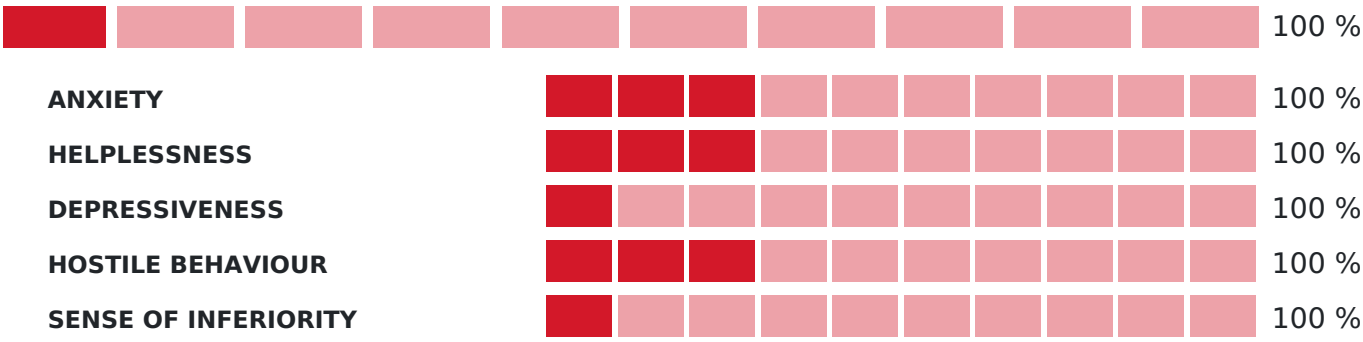
HOSTILE BEHAVIOUR

It determines the tendencies towards internally experiencing anger, frustration and hostility. It measures the intensity of falling into a state of aversion to others or aggression. It determines the impulsivity and the ease of falling into unjustified internal rage.

SENSE OF INFERIORITY

It measures the tendency towards excessive self-criticism. It shows the tendency to suppress casual self-expression in social situations, in fear of judgement, or the tendency to express oneself fully.

MY EMOTIONS - A



2019 by **PROFI COMPETENCE** | www.proficompetence.com | contact@proficompetence.com

SOCIAL APPROVAL - A

SOCIAL APPROVAL - A

100 %

Wymiar ***Aprobata Społeczna*** opisuje tendencję do przedstawiania własnej osoby w lepszym świetle w celu uzyskiwania większej akceptacji społecznej. Wiąże się z gotowością do przejawiania zachowań społecznie pożądanych i akceptowanych przez społeczeństwo. Potrzeba aprobaty społecznej wyrażana jest również poprzez przypisywanie sobie w sytuacjach testowych pozytywnych lub godnych pochwały zachowań jak również zaprzeczaniu występowania u siebie postaw i zachowań niepożądanych. W pewnym stopniu pokrywa się z konformizmem oraz wzbudza skłonności do przekłamywania lub koloryzowania własnych zachowań.

Wynik wysoki

Twój wynik na skali ***Aprobaty Społecznej*** w porównaniu do wyniku innych osób jest na wysokim poziomie. Oznacza to, że jesteś osobą, która ma tendencję do przypisywania sobie niezwykłych zalet i zaprzeczania powszechnym wadom.

MY EMOTIONS - A

VERY LOW RESULT

Below you will find overall result for the MY EMOTIONS dimension being the average of your subdimensions

Your result on the scale of the ***My Emotions*** dimension is very low in comparison with other people. This means that in daily life you approach your life in a positive manner. You mainly focus on the good things, evoking a positive state within yourself. In difficult situations, the emotions which can disrupt your inner calm are kept under perfect control by you. This means that even in critical moments it is you who can assess the situation with a cool mind, make a decision and plan particular steps. You have a strong inner motivation to take action, which in turn causes you to rise up in difficult moments, without waiting for external support. You have a strong sense of efficacy and effectiveness, so you know that regardless of the situation, your action will lead you out of oppression. Regardless of the situation, hopelessness is foreign to you. Your mood does not drop to gloom, sadness or nostalgia. You don't give up, you don't let it go but instead you fight for what's yours. Emotions such as resentment or guilt do not exist in your life. If something isn't going your way, instead of withdrawing and returning to blissful memories of the past, you ponder how to escape the situation with calmness and even hope for success. You always perceive the good sides of the situastion and enjoy even the little things. Your behaviour is far from hostility and anger in relation to others. You do not hold grudges or remember wrongdoings. You focus on what was good in the relation and keep that in memory. It is difficult to discompose you or infuriate you. Around you there is always peace

2019 by **PROFI COMPETENCE** | www.proficompetence.com | contact@proficompetence.com

and a good atmosphere which furthers building good relations with others.

2019 by **PROFI COMPETENCE** | www.proficompetence.com | contact@proficompetence.com