

# Profi Competence Tests for Adults



## REPORT MY EMOTIONS

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**Report type: Long**

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## 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 the answer 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 extensive analysis of your results also includes recommendations from specialists in various fields. 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.**

# 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.

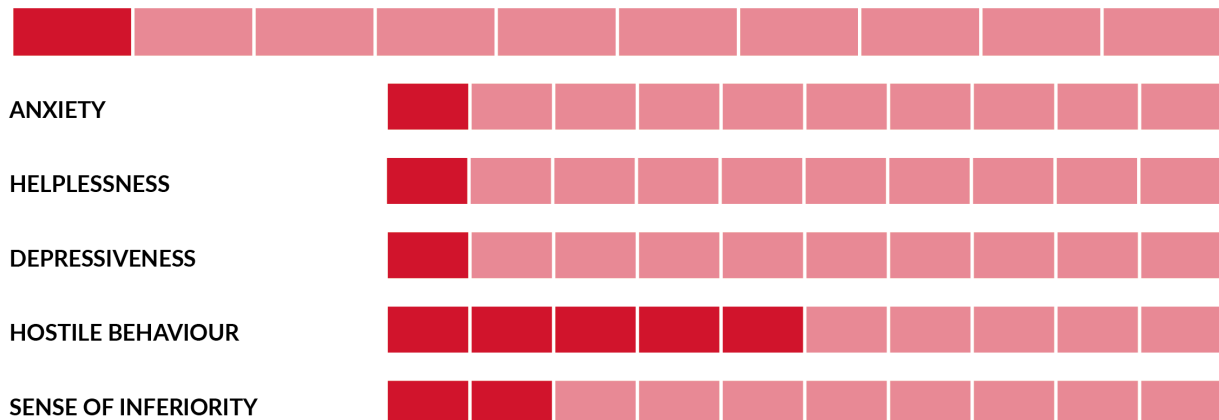
When analysing the results, decide which of the subdimensions show what is innate to you and which ones show a developed way of being. Additionally decide which traits you would like to keep working on, which ones you would like to start working on and which ones you are fully satisfied with.

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.

## MY EMOTIONS - A

The dimension **My Emotions** describes the intensity of the occurrence 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.

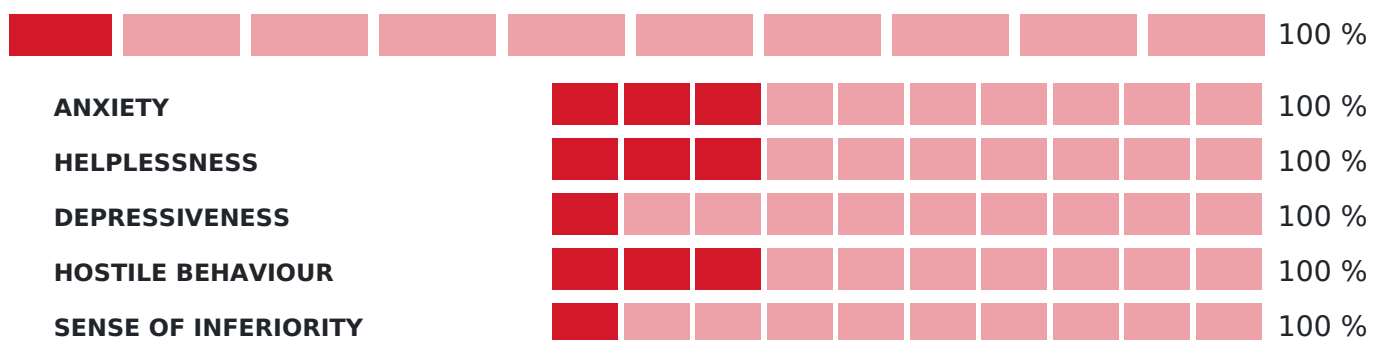
### HOSTILE BEHAVIOUR

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



# DIMENSION

## SOCIAL APPROVAL - A



### SOCIAL APPROVAL - A



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 pożądanym i akceptowanym 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 **Aprobata 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.

# DIMENSION

## MY EMOTIONS - A



### SUBDIMENSIONS:



**ANXIETY**



**HELPLESSNESS**



**DEPRESSIVENESS**



**HOSTILE BEHAVIOUR**



**SENSE OF INFERIORITY**



## MY EMOTIONS - A

### GENERAL DESCRIPTION

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

Now take a close look at the detailed results to find out which of the subdimensions have the greatest impact on your overall result.

### DETAILED DESCRIPTION



## ANXIETY

Your result on the scale of the **Anxiety** subdimension means that you can approach both private and professional matters with a distance, without unnecessary fear and anxiety. You don't seem to care about the difficulties. Very often you stay calm and control your emotions. Also in critical situations, your calmness allows you to control your emotions, freeing up thinking aimed at solving a difficult situation. In general, you are a person with a rather balanced disposition. In social life you give others space to think and act. You do not rush, you do not put pressure on others. You rarely get emotional. People who achieve similar results on the scale of the Anxiety subdimension are usually calm about the future, not afraid of it or even, when thinking about it, they are in a positive, hopeful mood. It is very likely that this is how you see your future. Make sure, however, that too much calmness does not become an

obstacle in noticing personal and professional threats.

**REMEMBER:** Your peace of mind can be a driving force for you. Especially in a difficult situation, when controlling your emotions is the first step to collecting data on how critical the situation is and then to find a solution. Most people panic in tough situations. In difficult moments, you can be a great support and inspiration for others to find a solution and to act. Calmness and distancing yourself from emotions always gives you the opportunity to see a wider perspective.



## HELPLESSNESS

Your result on the scale of the *Helplessness* subdimension means that difficult situations are unlikely to evoke negative emotions in you. In difficult situations you manage quite well. Even in critical moments you can reliably assess the situation, make a decision, plan actions, as well as move on and implement the plan step by step. In difficult moments you are usually cold-blooded and tactical. In difficult situations you do not need external support. You are usually able to motivate yourself. In both your personal and professional life you try to treat difficult situations as challenges and not as problems. This belief gives you strength and strengthens your self-efficacy and self-esteem. This approach to life presents you as a rather strong individual in society. Many people throw their hands up during critical moments and become completely helpless and in need of support to move on. You are able to give such support. In difficult moments, you are up to the task and tactically work out the case, regardless of the scale of difficulty.

**REMEMBER:** Even though you manage in difficult situations, do not turn your back completely on external support. Although usually you do not need help in critical moments, remember, that a crisis always affects, to varying degrees, creative thinking needed to find the optimal solution. People who are not directly involved in the problem can sometimes suggest a good solution.



## DEPRESSIVENESS

Your result on the scale of the *Depressiveness* subdimension means that you rarely ever experience a gloomy mood. You don't usually become sad or nostalgic and you never feel guilty in difficult situations, where other people happen to be involved. You also do not know what giving up and surrendering mean. When you see the need for it, you can stand up for yourself. You don't need to isolate yourself from people, which doesn't mean you like to live and work in a larger group. You may equally well want to work and be rather alone on a daily basis and this is not related to inner sadness, regret or guilt. Even if you stay away from others, you don't feel lonely because you know that if you would only wish for interaction, there are people around. Your result on the scale of the Depressiveness subdimension also shows that you are no stranger to experiencing joy and happiness on a daily basis. You can see the good sides of a situation. You can see the goodness around you and you can enjoy the ordinary moments.

**REMEMBER:** A good mood and positive thinking are the basis for healthy functioning. Hence, cultivate your attitude towards people and tasks. Internal joy propels you towards action. Don't ever let it be taken away from you.



## HOSTILE BEHAVIOUR

Your result on the scale of the *Hostile Behaviour* subdimension means that your behaviour is



almost never affected by anger attacks or difficulty in controlling anger. You are usually a balanced person and you control your emotions towards others. People with similar results on the scale of the Hostile Behaviour subdimension rather tend to forgive someone's faults, forget the harms and do not cultivate anger towards others. In interpersonal situations they are usually forgiving and try to accept or at least understand another person's perspective. They do not deny someone else's point of view. Your result on the examined scale offers the conviction that such behaviour and reactions are commonplace in your case. You can be an individual perceived as self-controlled and predictable. It's quite difficult to throw you off balance and enrage you. Most likely, you feel inner peace towards other people rather than frustration or bitterness. Such behaviour also builds up a calm atmosphere in your environment, which supports co-operation and development on different levels and in various areas of functioning.

**REMEMBER:** Your behaviour in relation to your surroundings makes others respect you for your balance, composure and emotional stability. You don't cause hostile resistance within people, you don't close them off, you don't despise or negate them. The environment sees your openness to relationships, so you are able to build co-operation and effective communication with others.



## SENSE OF INFERIORITY

Your result on the scale of the *Sense of Inferiority* subdimension means that you are able to judge yourself very objectively against others and your achievements against the achievements of others. You see your strengths which toughen you up. You also see your weaknesses, but they do not suppress your self-expression in public. You are able to speak up during a meeting and present your idea. You can share your perspective on a situation without worrying about who will think about you and what will be thought of you or whether your idea will be appreciated or disapproved of. In your private life, you speak freely, give yourself the right to behave or say something a bit out of place. You are not stressed that you will be criticised. In the same way, in professional life, you are able to present ideas that come to your mind. If you need to make a public appearance, you can speak up without any problems, and even if something goes wrong during the speech, you can move on without unnecessarily dwelling on the situation.

**REMEMBER:** Expressing yourself and presenting your ideas freely gives you a chance to start co-operating with someone who will notice or appreciate your idea. Comparing yourself with other people only makes sense if it motivates you to develop further, but it is never the case when it becomes a point of self-denial.



## ANXIETY

- Maintain the peace of mind that accompanies you in your everyday life.
- Your ability to control your emotions in difficult moments is your strong point. Take care of it because it gives you an advantage. You can see the situation more clearly and have a wider perspective on your emotions.
- Develop your emotional intelligence. Emotional control is one of its elements. Highly developed emotional intelligence gives you an advantage in managing yourself and others.
- Read a book or selected articles about the power of emotional intelligence.
- In difficult situations, develop a solution-oriented style of action. This is the best way to solve problems. Your peace of mind and control over your emotions allows you to develop this area of managing yourself under stress. After all, it is about calmly analysing the situation, finding possible options, cold analysis and choosing a path and then starting to act methodically. No chaos, no emotions, no panic.
- Remember that your calmness is your driving force to act. Take care of your emotions by taking care of your nervous system. Give yourself the right to rest, take care of movement and exercise, and take care of the time devoted to yourself and your passions.



## HELPLESSNESS

- Keep up your energy in approaching difficult situations. Strengthen your proactive attitude, meaning supportive action.
- Take care of your self-motivation. You can motivate yourself in difficult moments - this is your strong point.
- Develop your ability to solve difficult situations. Also learn about how to approach a problem. This will help you learn about other people's possible reactions and make it easier to understand and even manage them.
- Approach difficult situations like you would approach challenges appearing on your path. The attitude of your mind is very important. Just calling a situation a challenge strengthens an action-oriented attitude.
- Strengthen your self-efficacy by summing up the difficult moments, which thanks to your attitude and action are now solved.
- Remember about the people around you. Even if you don't need their full involvement in the difficult situation you are solving - at least listen to others. It's always an extra perspective, often completely free of emotions, therefore broader and different from yours.



## DEPRESSIVENESS

- Take care of your psychophysical condition. Your attitude to the world and to people is strengthening, so take care of it.
- Do sports. Every type of physical effort has a positive effect on the production of hormones responsible for the sense of happiness. Therefore, exercise every day regardless of your mood.
- Read books and articles about positive thinking, limiting beliefs and those that support human actions and methods of taking care of your mental condition.



## HOSTILE BEHAVIOUR

- Cultivate your ability to forgive and forget. This is the healthiest approach both for yourself and for interpersonal relationships.
- Tend to your ability to be forgiving towards other people, as well as your ability to look at things from someone else's point of view without triggering the anger that is connected with the failure to understand the other party. This approach supports constructive conflict resolution.
- Your calmness and balance are supportive for others. Take care of such reactions as they build up good relations and strengthen co-operation.
- Strengthen your control over your emotions. Your emotional stability and the ability to not give into negative emotions that bring about the destruction of relationships may translate into constructing your authority based on respect and admiration.



## SENSE OF INFERIORITY

- Keep up your way of thinking about yourself. You are able to judge yourself objectively against others. Keep it that way. Don't underestimate or overstate someone's successes. Maintain your objective view of yourself and of others in such categories as "I'm fine and the others around me are fine too."
- Notice your strengths and work on your weaknesses. There are no perfect people. Everyone has something to work on. Everyone has areas in their lives that they are not fully satisfied with and should pay special attention to them. Sometimes they need to reinforce them and sometimes they need to weaken them.
- Cultivate the ability to speak well about yourself, to share ideas on the forum or to present your perspective on a topic without thinking how others will judge you or what you have to say.
- Strengthen the ability to express yourself freely in public without imposing full control on yourself and without criticising yourself.
- Cultivate your assertiveness and the ability to say no if the proposal does not suit you.