Profi Competence
Tests for Adults

SELF · ESTEEM

REPORT
MY SELF-ESTEEM

Report: Name

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REPORT TEST

MY SELF-ASSESSMENT

My Self-Assessment Test is a multidimensional tool used in personality testing in the context of numerous areas of your private and professional life. This method allows for an accurate and detailed description of your personality in terms of self-esteem resulting from an individual profile determined by your age, gender and experience. The tool examines your self-esteem and assesses your attitude and behavior. It shows your attitude to your own knowledge, competences, skills, attractiveness and living in harmony with yourself. The report you hold in your hand describes your way of thinking about yourself. It shows how you evaluate your own morality, how you are internally consistent with the values. It shows your perception of your own attractiveness as well as acceptance of yourself among your friends and family. The test describes your results in five dimensions:

Reading the report, you will find answers to a number of questions about your needs and your perception of yourself in your private and professional life. You will learn about your reactions, behaviours, attitudes, beliefs, strengths and areas for development. The suggested guidelines refer, among others, to your interpersonal, emotional, 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.

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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 high result in your overall score, however, particular subdimensions (one or two) may show moderate or low 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 SELF-ESTEEM

It is possible to receive a high result on the scale of **MY SELF-ESTEEM** despite receiving a low result in the **SENSE OF INTIMACY** subdimension.

We are then dealing with a person whose general self-perception is positive, who lives in accordance with their own values and appreciates their own physical attractiveness, however, their SENSE OF INTIMACY is at a low level, as they may not have felt love and acceptance in life coming from their close friends and family, hence, it is now difficult for them to benefit from the support of other people or to display emotional intimacy towards others.

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MY SELF-ESTEEM - A

The dimension ***My Self-Assessment*** describes the way of thinking about yourself. It displays information about the assessment of one’s own morality, internal consistency with core values. It shows the perception of one’s own attractiveness as well as the feeling of being accepted among close friends and family. It describes the ability to show feelings towards close friends and family. It measures the level of self-confidence and regarding yourself as an important person.

AUTHENTICITY

Measures the assessment of one's own morality. It shows the tendency towards extreme judgement of one's own behaviour - either as decent or as inappropriate. It defines the level of following moral principles in life and perceiving the surrounding morality.

GENERAL SELF-PERCEPTION

Determines the level of perceiving oneself as either an important and confident or self-deprecating person. It shows the tendency towards positive or negative thinking about one's future. It points out the ability to focus on either the successes or failures in life.

IDENTITY

Measures the level of awareness of personal identity and goals in life. It shows the tendencies towards being internally coherent or contradictive. It points out the ability to either make decisions that influence the future or remain indecisive.

SENSE OF INTIMACY

Measures the feeling of acceptance, love and sense of social support. It determines the level of either feeling unconditionally accepted by close friends and family or lack of love and acceptance. It points out the ability to express feelings in close relationships.

ATTRACTIVENESS

Determines the way of perceiving one's own physicality, the level of awareness of one's attractiveness compared to others. It measures the level of satisfaction with one's own appearance.

MY SELF-ESTEEM - A

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SOCIAL APPROVAL - A

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100 %

The dimension ***Social Approval*** desribes the tendency to present yourself in a better light to achieve greater social acceptance. It is connected with the willingness to behave in a socially desirable and acceptable manner. The need to win social approval is also demonstrated in the test situations by attributing to yourself positive or commendable behaviour, as well as negating the presence of undesirable attitudes or behaviour within yourself. To some extent it overlaps with conformism and increases the tendency to alter or embellish your own way of behaviour.

Low result

Your result on the ***Social Approval*** scale is low in comparison with other people. It means that you are a kind of person who is not driven by the need for social acceptance or you want to present yourself through your answers as a person who is unaffected by social influences.

MY SELF-ESTEEM - A

VERY HIGH RESULT

Below you will find overall result for the MY SELF-ESTEEM dimension being the average of your subdimensions

Your result on the scale of the ***My Self-Assessment*** dimension is very high in comparison with other people. It means that you are a very self-aware person. You know who you are and what you expect from life because you have clearly defined values and priorities. You set clear-cut principles which you follow in life. This gives you strength in making decisions and setting goals. You are an internally coherent person and through your actions it is visible that you head in the direction that you set out for yourself. When you look at yourself, you see a person full of value, skilled and competent. You think positively of your future. You are aware that thanks to your skills you will always be able to handle life. You are a self-confident person, you recognize your strengths, you know what allows you to stand out among others. You notice your physical attractiveness and use it to achieve your personal goals. You take care of your appearance and your image evokes admiration among others. Your attractiveness draws people to you which further influences your high level of self-assessment. You feel fully accepted and loved by close friends and family. You know you are supported by them and you are aware that you always have someone to count on. You are able to reciprocate love too. In your relations you offer a lot of acceptance, friendship and closeness. You are a very empathetic person. Living close to others gives you strength, which is why you care about your closest friends and family.

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