Profi Competence
Tests for Adults

RELATIONS

REPORT
MY RELATIONSHIPS

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REPORT TEST

MY RELATIONSHIPS

My Relationships 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 how you act and function in interpersonal relationships resulting from an individual profile determined by your age, gender and experience. The tool identifies the characteristics of behaviour in the area of building interpersonal relationships. It examines the value of kindness, willingness to be with people and build interpersonal contacts, as well as the assertive attitude in relations. The report you are holding in your hand presents typical ways of behaving, feeling and thinking in various interpersonal situations in your private life and at work. The test describes your results in five sub-dimensions:

Reading the report, you will find answers to a number of questions about your needs and your style of functioning in relation to other people. You will learn about your reactions, behaviours, attitudes, beliefs, strengths and areas for development. The proposed guidelines refer, among others, to your interpersonal, emotional, intellectual and physical development.

This report offers extensive knowledge about yourself, which can be translated into your goals and decisions in your personal 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.

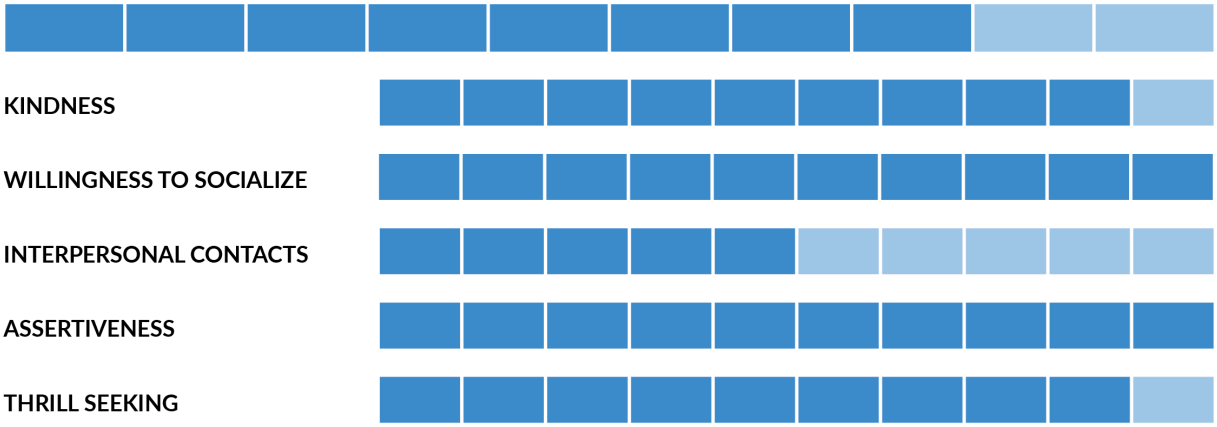
When analysing the results, decide which of the subdimensions show what is innate to you and which ones show a developed way of being. Additionally decide which traits you would like to keep working on, which ones you would like to start working on and which ones you are fully satisfied with.

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 RELATIONSHIPS



It is possible to receive a high result on the scale of **MY RELATIONSHIPS** and simultaneously receive a low result in one of the subdimensions - **INTERPERSONAL CONTACTS**.

We are then dealing with a person who is highly sociable, kind, assertive and who seeks a lot of different kinds of sensations. They are helpful and willingly maintain close relationships with people, however, the desire to search for new interpersonal contacts is limited, which is manifested by a low score in this subdimension. This may be due to e.g. the intensity of interpersonal contacts required by the job position.

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MY RELATIONSHIPS - A

The dimension ***My Relationships*** is characterised by the quality and quantity of social interactions and the level of activity, energy and ability to feel positive emotions in relationships with other people. It determines the desire for social attention i.e. gaining satisfaction from being in the centre of attention and focal point of other people, but also shows the level of willingness to build interpersonal relationships and to maintain them both in private and professional life. It demonstrates the ambitions, the level of an inclination to dominate, as well as the tendency to react with positive or negative emotions in social contacts.

KINDNESS

Determines interpersonal traits, level of cordiality and warmth in relation to other people. It describes the level of the approach and attachment towards people in private and professional relationships.

WILLINGNESS TO SOCIALISE

Determines the level of choosing the company of other people over loneliness. It measures the level of external stimulation, motivation to take action and engagement in interpersonal relationships.

INTERPERSONAL CONTACTS

Determines the level of building interpersonal relationships, their meaning and significance in private and professional life. It reveals the level of involvement in interpersonal relationships and their meaning in building one's position in contact with other people.

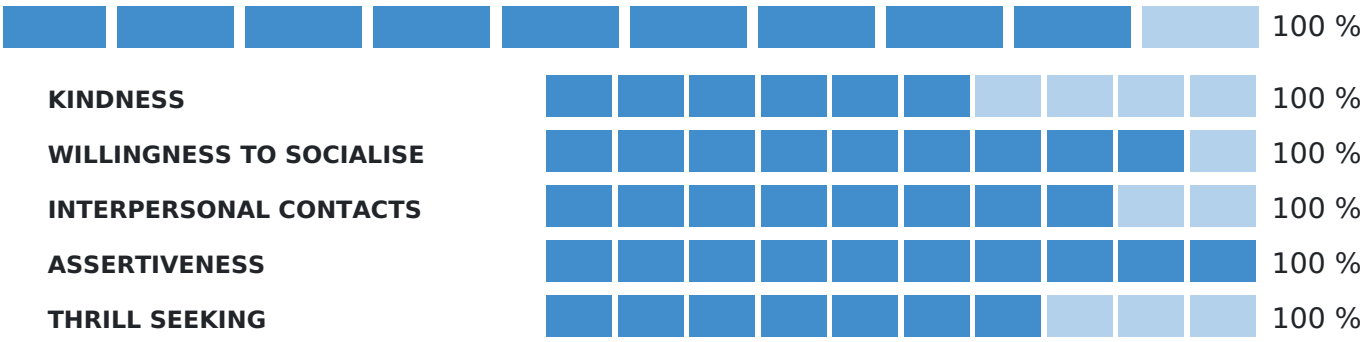
ASSERTIVENESS

Measures the skill level of expressing one's own opinion, displaying emotions and attitudes, without aggression and instead with respect for others and one's own rights and mental territory. It shows the tendency for domination and leadership and the degree of decision-making abilities.

THRILL SEEKING

Shows the ways of searching for sensations which are the source of external stimulation. It examines the ability and level of making risky decisions, which may have impact on setting and achieving both private and professional goals.

MY RELATIONSHIPS - A



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DIMENSION

SOCIAL APPROVAL - A

SOCIAL APPROVAL - A

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.

Very low result

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

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DIMENSION

MY RELATIONSHIPS - A

SUBDIMENSIONS:

- **KINDNESS**
- **WILLINGNESS TO SOCIALISE**
- **INTERPERSONAL CONTACTS**
- **ASSERTIVENESS**
- **THRILL SEEKING**

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MY RELATIONSHIPS - A

GENERAL DESCRIPTION

VERY HIGH RESULT

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

Your result on the scale of the ***My Relationships*** dimension is very high in comparison with other people. It means that in interpersonal relationships you are a people person and you are keen on building relationships through socialising with others. You make contacts with great ease. You like people, you prefer to remain in large groups, at crowded meetings and events. Interpersonal relationships are very important to you. You draw external stimulation from them and it motivates you to take action. You belong to those people who are strongly involved in the external world and in activities which require interpersonal relationships. You are heavily influenced by the social world and you strive to have strong influence on it, too. You live an optimistic life and you are full of vigour. You have a cheerful disposition. In company you tend to speak rather than listen. You are an open and friendly person. You can confidently express strong opinions, emotions and attitudes without aggression, while respecting your own and other people's rights and mental territory. Unlike the people characterised by low score, which can be attributed to their greater sensitivity to punishment and lack of reward, your sensitivity focuses on the presence of reward and lack of punishment. You are better at fulfilling duties requiring multitasking rather than alertness or involving careful analysis of details. You prefer to complete the task quickly rather than precisely. Your result shows that you are predisposed to professions which require frequent social contacts and to professions with a high degree of autonomy. Additionally, you have a strong sense of the efficiency of your work in a group.

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

KINDNESS

Your result on the scale of the ***Kindness*** subdimension means that you build a cordial and friendly interpersonal relationship with a healthy distance. You can get involved in the sphere of social functioning, but this is not the most important aspect for you. You can get attached to people, but this is not likely to affect your decision-making in difficult situations. As a leader you will build a friendly atmosphere, without being overly involved in the relationships between colleagues. People may see you as a person with a low level of compassion and empathy.

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WILLINGNESS TO SOCIALISE

Your result on the scale of the ***Willingness to Socialize*** subdimension means that you fall into the category of very sociable people who enjoy socializing. You have a passion for parties and being in a crowd. You can put your friendships and meetings ahead of other areas of life. You are a very energetic and socially confident person. In the company you rather speak loud and very clearly. Being with people is an external stimulation that drives you to action. At work you have good networking skills. In interaction you rather talk than listen. You prefer group work to individual work.

INTERPERSONAL CONTACTS

Your result on the scale of the ***Interpersonal Contacts*** subdimension means that you belong to people who rather initiate and build interpersonal relationships with others. In these relationships you are an active person, full of energy. When building contacts at work, you belong to people who are proactive and take care of the quality of these relationships. You initiate a lot of interactions. When you are with people, you care about the good atmosphere. You are a person who gives energy rather than draws it from others. You do not avoid crowds or socializing. You have the skills to build business contacts and customer networks. You have the ability to exert social impact.

ASSERTIVENESS

Your result on the scale of the ***Assertiveness*** subdimension means that you are one of those people who are able to express their own opinions in a determined way, with direct expression of emotions and attitudes within the boundaries which do not infringe upon your own and other people's rights and mental territory, and without aggressive behaviour. Your assertive attitude is conducive to creating the image of a strong, confident person who knows what she or he expects in a given situation. In interpersonal relations you are a dominant person who often speaks out. You can easily take on the role of a group leader and you are predisposed to climb in your professional career. You can be a very effective person in action, in communication you "do not beat around the bush" and in the group you are a good guide.

THRILL SEEKING

Your result on the scale of the ***Thrill Seeking*** subdimension means that you are one of those people who, in their private and professional lives and in interpersonal relations, are looking for numerous thrills. You like strong colors and diversity. You are a person who prefers intensive life, social meetings, parties. Being in a company, in a different environment, you gain more energy and this motivates you to act. You often look for external stimulation and action to function at high speed. You are a determined person who does not retreat in difficult situations. You are driven by challenges. You are not afraid to take risks. You can make risky decisions that affect your private and professional life.

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MY RELATIONSHIPS - A

DEVELOPMENTAL RECOMMENDATIONS

KINDNESS

- Be a kind person, build authentic relationships but remember that every interlocutor is different and the way that you build relationships influences your work and contact with others.

WILLINGNESS TO SOCIALISE

- Listen, listen, listen!!! Speaking isn't always effective communication. Use your social skills at work to engage and develop other people, those who are less open and less confident.

INTERPERSONAL CONTACTS

- Use your interpersonal skills but pay attention to other people. Not everybody likes to build interpersonal contacts. There are people who need their own space. Your way of interaction, which bursts with energy and enthusiasm may bother others.

ASSERTIVENESS

- Watch out for the line between assertiveness and arrogance. Excessive assertiveness may be seen by others as aggressive behaviour or aggressive communication. Behave in a way that is simultaneously respectful to yourself and to others.

THRILL SEEKING

- Slow down sometimes. An overly intense lifestyle may cause you to overlook what you are missing. Your body, besides adrenaline and emotions, also needs to rest and reset. Sometimes it is good to stop and calmly take a look at life from the side.

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