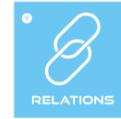


Profi Competence Tests for Young



REPORT MY RELATIONSHIPS

Report: Name

Report type: Long

ID: 0000

Date: 2021-02-18

TEST REPORT

MY RELATIONSHIPS

My Relationships Test is a multidimensional tool used in personality testing in the context of many areas of your private and school 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 behavioural characteristics in the area of interpersonal relationship building. It examines the value of kindness, willingness to be with people and to build interpersonal contacts, as well as the assertive attitude in relations. It indicates the level of thrill seeking in private life and at school in contact with peers. The report you hold in your hand shows the typical ways of behaving, feeling and thinking in different interpersonal situations in your private life and at school. The test describes your results in five dimensions:



Reading the report you will find answers to a number of questions about your needs and the style of functioning in relations with others. You will learn 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 proposed 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 life and in the process of setting your educational and professional career path.

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 role that you assume in a team (privately and at school) requires certain behaviours. After some time innate reactions become so obvious that you accept them as your natural reactions.

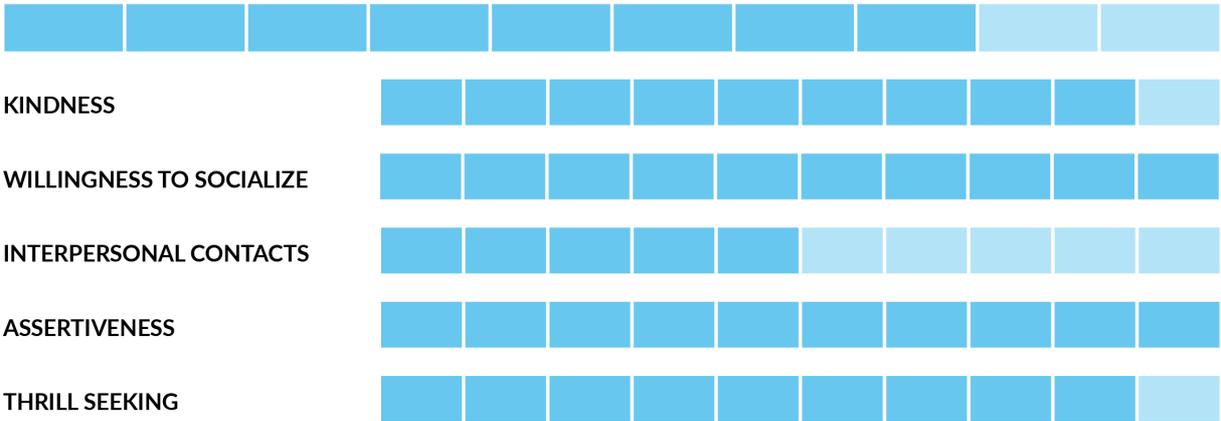
When analysing the results, decide which of the subdimensions show what is innate to you and which ones show a developed way of being. Additionally, decide which traits you would like to keep working on, which ones you would like to start working on and which ones you are fully satisfied with.

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.



MY RELATIONSHIPS

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 life and in a classroom environment. It demonstrates the ambitions, the level of an inclination to dominate, as well as the tendency to react with positive or negative emotions.



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 relationships and in a classroom environment.



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 life and in a classroom environment. It reveals the level of involvement in interpersonal relationships and their meaning in building one's position in contact with other people.



ASSERTIVENESS

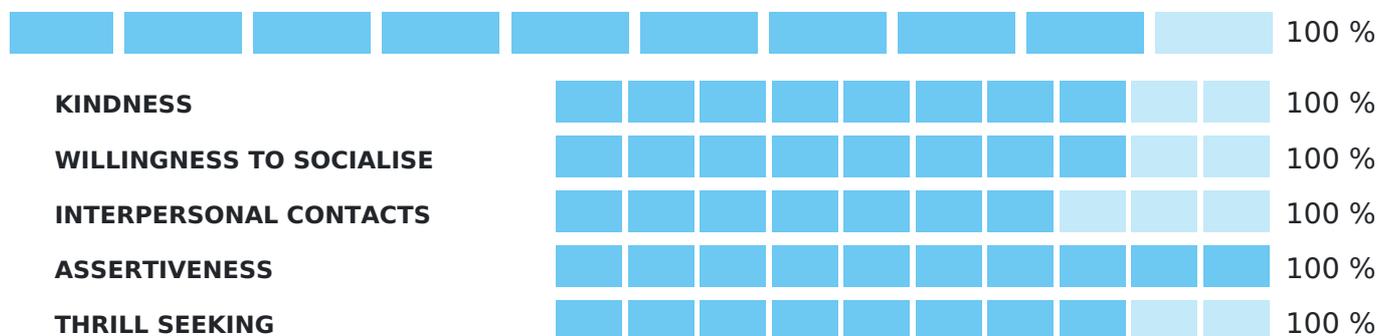
Measures the skill level of expressing one's own opinion, displaying emotions and attitudes, without aggression and instead with respect for others and one's own rights and mental territory. It shows the tendency for domination and leadership and the degree of decision-making abilities.



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 private goals or the choice of a student's career path.

MY RELATIONSHIPS



DIMENSION

SOCIAL APPROVAL



SOCIAL APPROVAL



The dimension ***Social Approval*** describes 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 person who is not driven by the need for social acceptance or that through your answers you want to present yourself as a person who is completely unaffected by social influences.

DIMENSION

MY RELATIONSHIPS



SUBDIMENSIONS:



KINDNESS



WILLINGNESS TO SOCIALISE



INTERPERSONAL CONTACTS



ASSERTIVENESS



THRILL SEEKING



MY RELATIONSHIPS

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 and to study. 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 a 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 in interpersonal relationships you are an authentically cordial, very kind and warm person in relation to others. You care about maintaining very honest, close relationships. You do not treat your acquaintances in a formal manner. You are strongly involved in the area of social functioning. Due to the fact that you care about having positive, honest relationships, you become easily attached to people. During teamwork you will build authentic relationships, based on kindness and understanding. The use of social engineering techniques in relationships is rather

uncomfortable for you. You prefer an honest conversation, both on your part as well as on the part of the interlocutor. As a leader you will build a friendly, cordial atmosphere based on cooperation. You may have a tendency to become attached to those surrounding you, which can affect making difficult decisions. Your excessive kindness may influence a higher degree of conciliation in relationships with other people. As a result, this may induce behaviours and beliefs conflicting with your feelings and thoughts in a given case.

REMEMBER: Be kind, build authentic relationships but remember about your own interests.



WILLINGNESS TO SOCIALISE

Your result on the scale of the *Willingness to Socialise* subdimension means that you belong to a group of very outgoing people, who enjoy spending time with others. You definitely aren't a loner. The more people that surround you, the better you feel. You belong to a group of people who are energetic and socially confident. You build relationships with a wide range of people. In company you speak rather loudly and very clearly, during meetings you allow yourself to be seen. You belong to a group of people who are friendly and available, who care about building relations with a wide range of people. Spending time with people is external stimulation which propels you to action. At school and outside of school you have good networking skills and are good at building relationships. During meetings with your peers you are an active person, who speaks bravely and is able to create a sense of being a good leader. During interactions you speak rather than listen. In relationships you belong to a group of people who are very brave. You prefer group work to individual work. Sometimes your high level of energy can intimidate or even overwhelm other people.

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



INTERPERSONAL CONTACTS

Your result on the scale of the *Interpersonal Contacts* subdimension means that you belong to a group of people who initiate and build interpersonal relations with others. In these relations you are a very active person, full of energy. You definitely care more about contacts and meeting with others than spending free time on other activities in solitude. By establishing contacts at school you belong to a group of people who are proactive and care about the quality of those relationships. You initiate many interactions. You care about good relations with others in interpersonal contacts, so you skilfully tend them and maintain them for a long time. You do not treat acquaintances in a brief manner. When spending time with people, you take care of providing a good atmosphere, you are a person who gives energy rather than deriving it from others. As you are highly open to the surrounding world, you easily establish interpersonal contacts both in private life and in the classroom environment. You care about meeting new people, which is why you enjoy spending time in a group of many people. You do not stray away from crowds or social gatherings. Your networking skills are highly developed and you have a strong ability to exert social influence.

REMEMBER: 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

Your result on the scale of the **Assertiveness** subdimension means that you belong to a group of people who can decisively express their opinion along with directly expressing their emotions and attitudes within boundaries that do not violate the rights and mental territory of other people as well as their own, without aggressive behaviours. Additionally you are able to defend your own rights in social situations. You are a person who eagerly expresses their beliefs in a confident and clear manner. The messages that you send when interacting with others are decisive and concrete. Your assertive attitude benefits you in creating the image of a decisive, confident person, who knows what to expect in a given situation. You definitely aren't a person who prefers to listen and who sits quiet. In interpersonal relations you are a dominant person who speaks often. You easily assume the role of a leader in a group and you are predisposed to climbing the career ladder in the future, as well as advancing in education. When taking action you can be a very effective person, in communication you don't beat around the bush and in a group you are a good leader.

REMEMBER: 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

Your result on the scale of the **Thrill Seeking** subdimension means that you belong to a group of people who, in both private life and in a classroom environment, seek many sensations. You like bold colours and diversity. You are a person who prefers an intense lifestyle, social gatherings, parties. Being in company, in different surroundings causes you to gain energy which, in turn, motivates you to take action. You have a very fast-paced life. You constantly seek external stimulation and action in order to function at high speed. You find yourself wherever there is something happening. Everyday mundanity overwhelms you and you do everything you can to wind up the atmosphere or to incite a situation which induces an adrenaline rush. You are a very decisive person who does not withdraw in difficult situations. A calm, orderly and organised life bores you. You are always in search of strong thrills. Challenges propel you. You choose mainly noisy and crowded places, you avoid calm, quiet gatherings. You aren't afraid of taking risks. You are able to make risky decisions which influence your private and school life.

REMEMBER: 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.



KINDNESS

- In interpersonal relationships you should build healthy relations based on kindness, but remember about your own interests.
- You should realise that you show a high tendency towards becoming attached to people. Such attitude may be strongly taken advantage of by others.
- Excessive kindness may cause you to become an overly conciliatory person. This will prevent you from making rational decisions in accordance with your thought process. Such attitude may lead to doing more for others than for yourself. As a result you may sometimes have a feeling of loss. In interpersonal relationships you do not always have to agree to everything. You have a right to your own point of view and opinion.
- Remember, sometimes a confident decision must be made, even if it isn't beneficial for others. You do not always have to be a very kind person.
- In interpersonal relations you present an attitude of a person who is authentic and sincere, who builds warm and honest relations. Remember that not everyone is like you. Sometimes it's better to keep part of the information to yourself or to those very close to you. Say as much about yourself, as is required by the situation.
- There are situations in which you must fight for yourself and express your beliefs and thoughts, even if it isn't too kind. Always say what you think, but in a way that doesn't harm anyone. Learning some social engineering techniques may help you in doing so.



WILLINGNESS TO SOCIALISE

- When speaking with people, make sure that you are also able to listen to them. Speaking isn't always effective communication. Try to also listen. Thanks to this you will be capable of finding out more. Your relationships with others will be more effective.
- Remember that your bursts of enthusiasm may bother others.
- Ask others for feedback in order to verify if they understood you well.
- You definitely derive energy from interactions. You need external stimulation which propels you to work. Try to spend a bit of time on individual work. This can sometimes enable you to calm down and analyse your own ideas.
- Use your social skills to engage those who are less open. Actively meet with them.
- Use your energy to motivate other people. Allow them to prove themselves as well.
- Develop your skills and communication tools even more. This will definitely be very easy for you.
- Thanks to your high interpersonal competence, it will definitely be easier for you to build up leadership traits and a large authority.



INTERPERSONAL CONTACTS

- You are able to initiate and build many interpersonal contacts. This is your strong side. Take care of these relations. They will enable you to build a network of contacts.
- In interpersonal contacts pay attention to other people. Motivate them to take action. You have so much energy that you can positively influence others.
- Use your high interpersonal competence in both private and school life. Your curiosity relating to people and the willingness to spend time with them allows for creating a very good atmosphere. Take care of these relations and others, this will enable you to develop your career.

- Become involved in social activities. You are capable of offering a lot, especially in contact with others.
- Develop your interpersonal skills even more. Build relations based on trust. You can motivate others with your high level of energy. It's one of the traits of leadership.
- You enjoy co-operating with people. This propels you. However sometimes allow yourself to spend time in solitude. This will allow you to calm down and analyse your thoughts. Maybe you will come up with some intriguing ideas.



ASSERTIVENESS

- You have a high level of assertiveness. Be careful not to cross the line between assertiveness and aggressive behaviour.
- Respect yourself and other people. When providing feedback, be an honest person. However be careful as to how you formulate the message. Take care not to hurt anyone. Sometimes it's better to express your opinion by paying attention to which words you use.
- You are able to defend your beliefs. However sometimes you should listen to what your interlocutor has to say. A change of your beliefs and viewing something from a different perspective can bring about many benefits. From time to time do not stick to your guns so much.
- You are largely predisposed towards being a leader. Develop your leadership skills in the field of planning, organisation and control.
- Take caution not to dominate people. On the other side you may have less assertive people who will be submissive towards you, which won't be comfortable for them. This attitude may negatively influence the way of building up your relations.
- You are able to construct an image of a decisive and confident person, so you should build up large authority in your surroundings and this will allow you to lead the group.
- Be an assertive person but take care of building warm relations based on co-operation.



THRILL SEEKING

- Try to calm down sometimes. Living in a constant rush with high energy can turn out to be overly exploitative for you. Slow down sometimes and allow yourself to have a moment of reflection.
- Your life is most likely very fast-paced. You seek a lot of thrills, which propel you. Try to stop from time to time and see how many things around you are unnoticed by you.
- Remember that besides from adrenaline and emotions, your body also needs to rest and reset. Learn relaxation techniques. Try out activities which will allow you to calm down slightly.
- Your high energy level can overwhelm and intimidate other people. In order to keep good relations, try to build a so-called rapport with other people, in the sense of mirroring the behaviours, way of speech and attitudes of your interlocutors.
- You can take large risks, which doesn't always bring about positive results. Remember that there are situations in which it is better to stop and think over your decision again, as well as your next move.
- Work on your ability to spend some time alone. This will allow you to take a closer look at your emotions and needs.
- Seek not only external stimulation.
- Use your energy to motivate other people. This will allow you to build the role of a leader in your surroundings.