

Profi Competence Tests for Young



REPORT MY EMOTIONS

Report: Name

Report type: Short

ID: 0000

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REPORT TEST

MY EMOTIONS

My Emotions Test is a multidimensional tool used in personality testing in the context of many areas of your life both privately and at school. This method allows to describe in detail 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 your future goals. It helps to identify the areas necessary to achieve 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 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 life as well as 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.

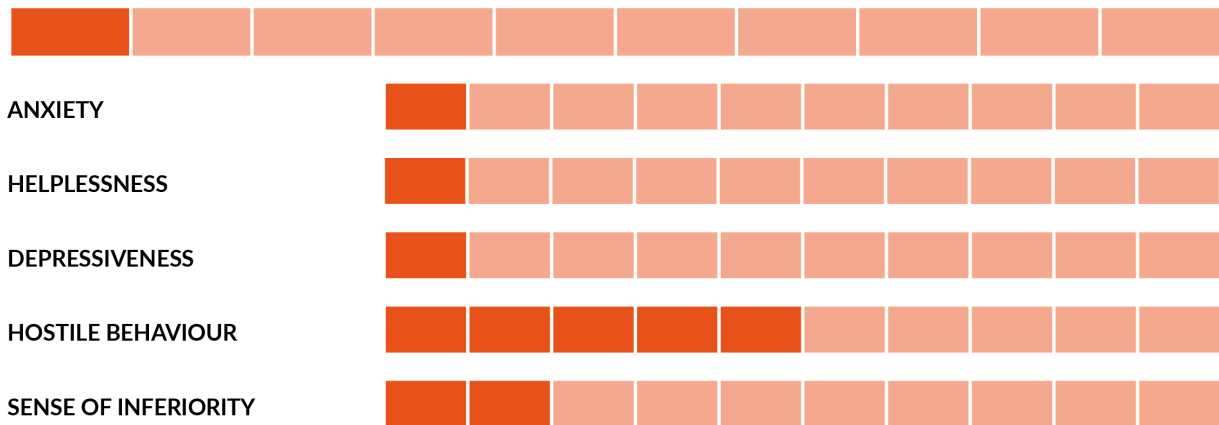
When analysing the results, decide which of the subdimensions show what is innate to you and which ones show a developed way of being. Additionally, decide which traits you would like to keep working on, which ones you would like to start working on and which ones you are fully satisfied with.

Pay attention to the fact that in some of the assessments you may have a generally 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

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.

SENSE OF INFERIORITY

It measures the tendency for excessive self-criticism. It shows the tendency to inhibit free self-expression in social situations, for fear of judgement or the tendency to express oneself fully.

HELPLESSNESS

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

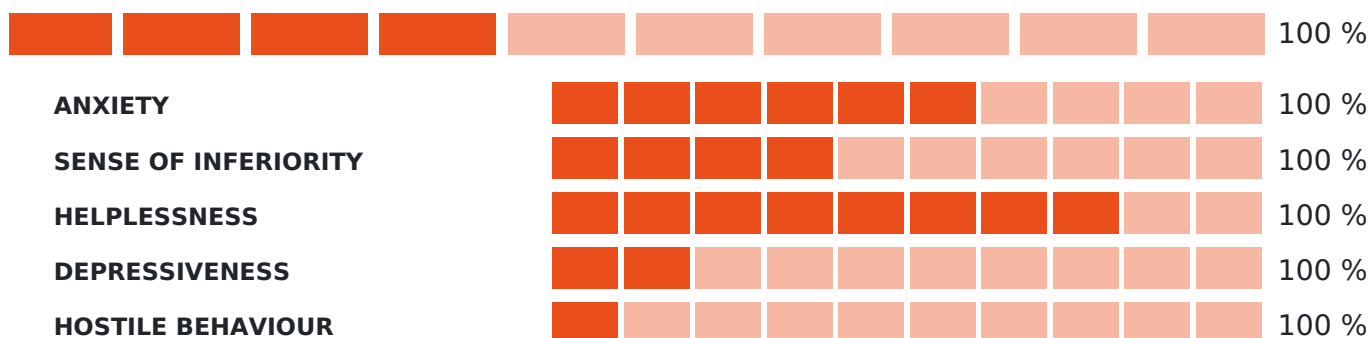
DEPRESSIVENESS

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 people around.

HOSTILE BEHAVIOUR

It determines the tendencies for inner 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.

MY EMOTIONS





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.

High result

Your result on the **Social Approval** scale is high in comparison with other people. It means that you are a person with a tendency to ascribe yourself extraordinary strengths and deny common flaws.



MY EMOTIONS

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 low in comparison with other people. This means that in daily life you usually approach your life in a positive manner. You 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 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. 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 daily 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 usually 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 peace and a good atmosphere which furthers building good relations with others.