

Profi Competence Tests for Young



REPORT MY EMOTIONS

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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 extensive analysis of your results also includes recommendations from specialists in various fields. The proposed 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 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.

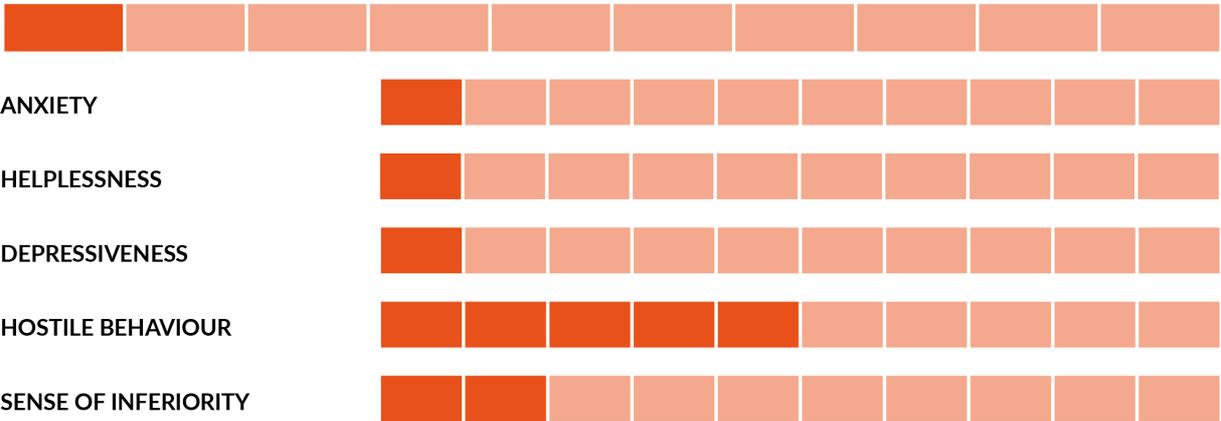
When analysing the results, decide which of the subdimensions show what is innate to you and which ones show a developed way of being. Additionally, decide which traits you would like to keep working on, which ones you would like to start working on and which ones you are fully satisfied with.

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

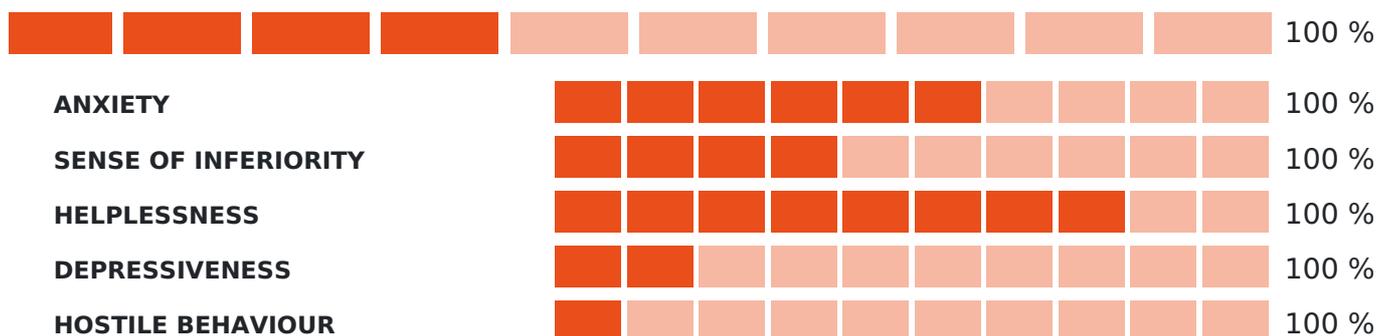
DEPRESSIVENESS

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



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.

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.

DIMENSION

MY EMOTIONS



SUBDIMENSIONS:



ANXIETY



SENSE OF INFERIORITY



HELPLESSNESS



DEPRESSIVENESS



HOSTILE BEHAVIOUR



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.

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



ANXIETY

Your result on the **Anxiety** subdimension scale means that most probably you can approach the situations you encounter in your life with calm and distance. If you want, you can control your emotions. However, there are times when you behave in a completely different way, because the feeling of fear and anxiety make you anxious and take away rational thinking. Usually you are rather confident about your existence and your future, but there are situations when you give in to negative assumptions and you are too concerned about them. In such situations your anxiety is also noticed by the people around you and it has a negative impact on them. On the basis of your results, it can be said that you are a balanced person, you can

stay calm, control your emotions and, in critical situations, release thinking aimed at solving a difficult situation. Sometimes, on the contrary, you tend to avoid risky situations and challenges. Anxiety about current issues and the upcoming future takes away the joy of experiencing everyday situations. In moments of greater anxiety, you are also more prone to subordinate yourself to other people.

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 collect data how critical the situation is and then to find a solution. You can move into this state, so use it more often. Most people panic in difficult situations. You can be a great support and inspiration for others to find a solution and to act in difficult moments. Calmness and distancing yourself from emotions always gives you the opportunity to see a wider perspective.



SENSE OF INFERIORITY

Your result on the *Sense of Inferiority* subdimension scale means that you are able to fairly objectively judge yourself 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 don't seem to inhibit your expression in the company. You can speak up during the lesson and present your idea, you can share your view of the situation with others without worrying about who will think what about you or whether the idea will be appreciated or disapproved of. In your close company you usually speak freely, you give yourself the right to behave or say something out of place. You are not stressed to be criticised. At school you are able to put forward ideas that come to your mind. If you need to make a public appearance, you will rather speak up and even if something goes wrong during the speech, you will usually move on to the agenda without having to think about the situation unnecessarily.

REMEMBER: Expressing yourself and presenting your ideas freely gives you a chance to start co-operation 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.



HELPLESSNESS

Your result on the *Helplessness* subdimension scale means you often need external support in difficult situations. It is possible that difficult situations sometimes paralyse you and do not allow you to make a decision, plan an action or take a step towards a solution. Both at home and at school, it's most likely that in situations you describe as severe, stress occurs that inhibits your performance. You often treat difficult situations as huge problems which appear in your way. It is very important for you to use the help of others in such moments, which does not mean that you are practically using it, but only that it is a huge impulse for you to get up and move on. It is possible that the way you approach difficult situations at this point is the result of some specific event in your life, or that you are generally unable to cope with the stress of moments when you feel that the solution is beyond your abilities or capabilities.

REMEMBER: You are able to control stress and develop a healthy style of approaching difficult situations - a style that will strengthen your self-efficacy, allowing you to act on your own to resolve difficult situations. The most important thing is not to treat the situations you encounter as something that overwhelms you. Remember that each case is easier to handle when you divide it into smaller ones. When you determine the steps for getting out of a given situation, focus on action and you will quickly see the first, even small success. This will strengthen you to take the next steps.



DEPRESSIVENESS

Your result on the *Depressiveness* subdimension scale means that you are rarely in a gloomy mood. You don't usually get sad or nostalgic and you don't feel guilty in difficult situations where other people are involved. You do not know what giving up and forgiving mean. When you feel it's needed, you can usually 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 as 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 only want to interact with people, they are around. Your score on the Depressiveness subdimension scale also shows that you are no stranger to experiencing joy and happiness on a daily basis. You can see the good points. 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. So cultivate similar attitude to people and tasks. Internal joy drives you to action. Don't ever let it be taken away from you.



HOSTILE BEHAVIOUR

Your result on the *Hostile Behaviour* subdimension scale means that your behavior has never, or hardly ever, been characterised by anger attacks and difficulty in controlling anger. You are a balanced person and you control your emotions in relation to others. People with similar results on the Hostile Behaviour subdimension scale tend to forgive someone's guilt, 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 tested 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 difficult to get you out of balance and drive you to rage. You often feel inner peace with other people. Such behavior also builds a calm atmosphere in your environment, which supports cooperation and development on different levels and in various areas of functioning.

REMEMBER: Your behaviour in relation to your environment will cause others to respect you for your balance, composure and emotional stability. You don't cause hostile resistance in people, you don't close them down, you don't despise or deny them. The environment sees your openness to relationships, so you are able to build cooperation and effective communication with others.



ANXIETY

- Strengthen your inner peace that comes with your life.
- Strengthen your ability to control your emotions, especially in difficult moments. If necessary, go on a course on emotional control.
- Don't worry about things that are beyond your control. If something is bothering you, think about whether the solution is in your power. If so, think calmly about what you can do, make an action plan and start acting. If it is beyond your control, stop worrying. Give the issue back to those who can actually influence it.
- Read articles about different styles of responding to difficult situations. Find out what an action-oriented style is and implement it in your life, whenever possible, especially in critical situations.
- Remember that your fears and concerns affect your environment. Learn to control your emotions, which have a negative impact on you and your loved ones.
- Develop your emotional intelligence. Controlling your emotions is one of its elements. Highly developed emotional intelligence gives you an advantage in managing yourself and others.



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 cool and the others around me are cool too."
- See 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 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 criticizing yourself.
- Cultivate your assertiveness and the ability to say no if the proposal does not suit you.



HELPLESSNESS

- Go on a course in managing yourself under stress. During the course you will learn to notice the first symptoms of increasing stress in your body and learn how to exercise self-control in difficult situations.
- Learn how to react in difficult situations. Read articles on how to react actively in a crisis.
- Just because you feel helpless in difficult moments does not mean you are helpless. You have a lot of skills to get you going. However, you must be able to find them in yourself, name them and use them. If you don't see them at the moment, you can use the help of a psychologist or a coach to help you build awareness of your own resources.
- Read articles about proactive attitudes and self-efficacy. You will find out that you can change your attitude, that everything depends on the perspective of looking at the situation, on your attitude. You will also learn how to think differently, how to act

differently to strengthen yourself and your self-efficacy.

- If you're facing a problem, divide it into smaller pieces. Determine the steps to solve a difficult situation in stages. This approach will make it easier for you to take care of the situation as a whole, rather than being frightened by its size or difficulty.



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 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, beliefs limiting and supporting our 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.
- Cherish 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 anger about not understanding the other party. This approach supports constructive conflict resolution.
- Your calm and balance are supportive for others. Take care of such reactions as they build good relations and strengthen cooperation.
- Strengthen your control over your emotions. Your emotional stability and the resentment of negative emotions that bring destruction to relations can translate into building your authority based on respect and admiration.