

Summary Report - PMSI

Some Self-perception constructs may need attention.

Some Relationship constructs may need attention - this may indicate a lack of a healthy support system.

The respondent is inclined to suppress his/her frustrations and then may show stress behaviour from time to time.

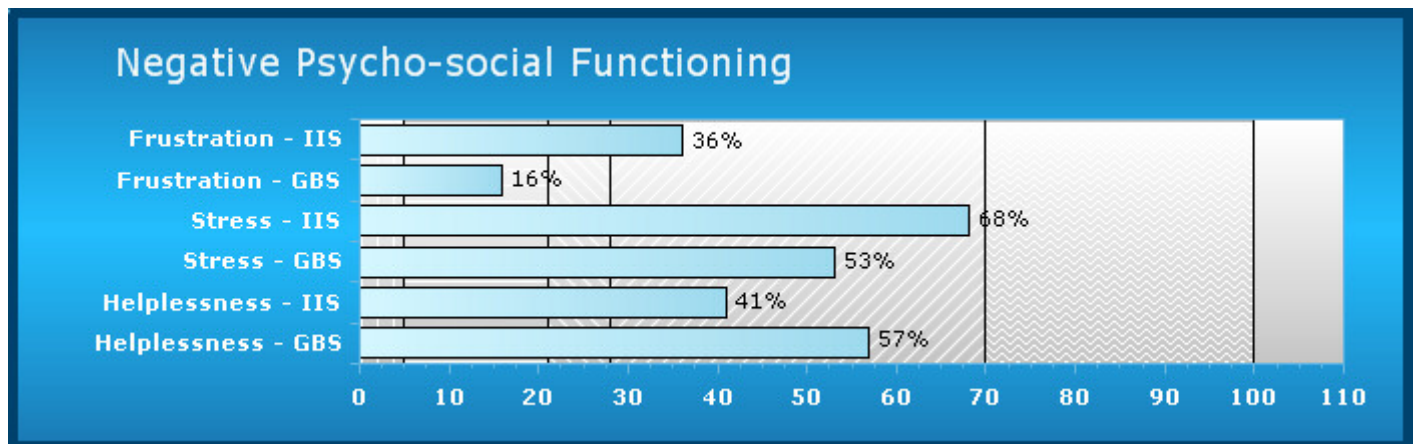
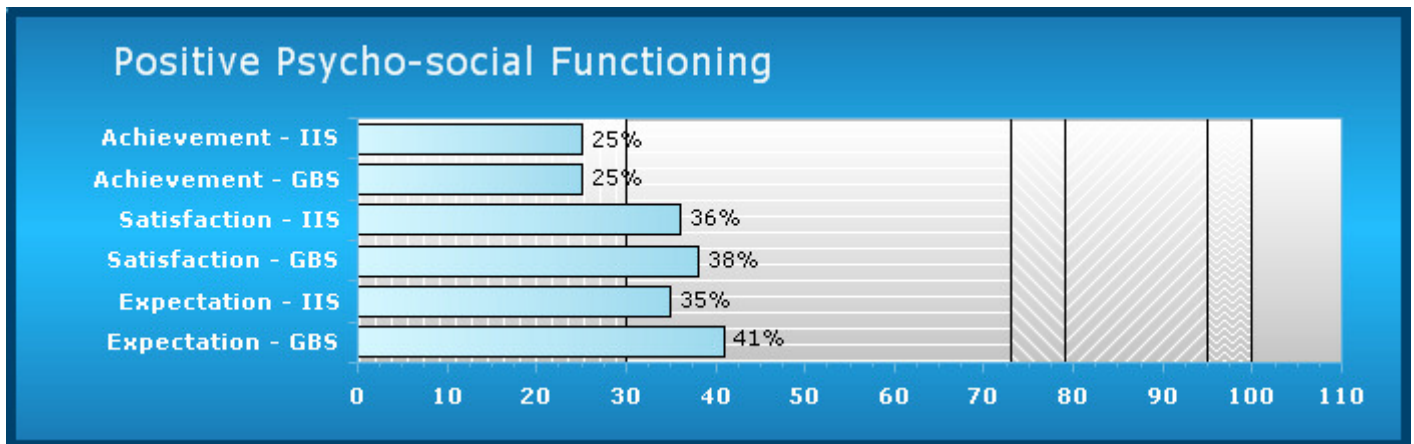
The respondent appears to be overworked and/or emotionally exhausted - he/she may suffer from symptoms of exhaustion.

Some Emotional functioning constructs may need attention.

The respondent appears not to be assertive - he/she may be inclined to "go with the flow".

The respondent appears to have external locus of control - he/she allows the environment and/or circumstances to influence his/her effectivity.

Positive/Negative Psycho-social Functioning



IIS = Inner Interaction Scale
GBS = General Behaviour Scale

Positive Psycho-social Functioning:

- 0% - 30% : Under activated, unable to rationalize.
- 31% - 72% : Under activated, needs attention.
- 73% - 79% : Warning area.
- 80% - 95% : Optimally activated.
- 95% - 100% : Over activated, out of touch with reality.

Negative Psycho-social Functioning:

- 0% - 5% : Under activated, out of touch with reality.
- 6% - 21% : Optimally activated.
- 22% - 28% : Warning area.
- 29% - 70% : Over activated, needs attention.
- 71% - 100% : Over activated, unable to rationalize.

Pos./Neg. Psycho-social Functioning Descriptive

Negative Psycho-social Functioning

Frustration - GBS (16%)

Optimally Activated: you are able to control yourself when angry, prevent unnecessary arguments and make others feel secure.

Frustration - IIS (36%)

Over Activated: it seems that you sometimes experience feelings of frustration. You do not always manage the prevention of goal-directed activities as the result of problems in yourself and your environment and you sometimes allow it to prevent you from achieving your goals in life. You sometimes experience feelings like anger, frustration, irritation, impatience, bitterness and suspicion.

Helplessness - GBS (57%)

Over Activated: you sometimes own the following behavioral patterns: lack of goal-directed activities, stopped laughing, no motivation, do not take part in any activities, isolate from people, manage things from a negative point of view and create a depressive atmosphere around you.

Helplessness - IIS (41%)

Over Activated: you sometimes experience that whatever you do, does not matter, because there is no way in which you can control the environmental forces in life. Your inner experiences are sometimes negative. The following emotions sometimes form part of your inner feelings: rejection, downheartedness, uselessness, powerlessness, isolation and senselessness.

Stress - GBS (53%)

Over Activated: the following elements sometimes form part of your behaviour: you sometimes act in an uncertain, moody, panicky, anxious and nervous way. You sometimes experience physical symptoms like headaches and/or muscular pains and sleeplessness. You need to develop skills to manage your stress more effectively.

Stress - IIS (68%)

Over Activated: you sometimes experience stress and you do not always respond positively to the demands of your environment. Experiences like over-stress, nervousness, panic, overload, worry and fatigue are sometimes part of your experiences.

Positive Psycho-social Functioning

Achievement - GBS (25%)

Under Activated: your behaviour lacks the following elements: organization, thoroughness, diligence, self confidence and drive.

Achievement - IIS (25%)

Under Activated: you find it difficult to set goals for yourself and to motivate yourself. You lack the desire to grow and improve and do not show perseverance to complete difficult or tedious tasks. You do not take responsibility for your own behaviour and success

Expectation - GBS (41%)

Under Activated: you sometimes find it difficult to help and encourage others to be successful. You seldom accept the risk of undertaking new ventures. You cannot always show others that you care and that you have faith in them. You sometimes fail to act calmly or to look beyond the harsh reality in dealing with your problems. You sometimes find it difficult to support others or to act in a protective way towards them.

Expectation - IIS (35%)

Under Activated: you sometimes lose hope and are sometimes pessimistic about your future. You sometimes find it difficult to keep calm and focus on the negative elements in your circumstances.

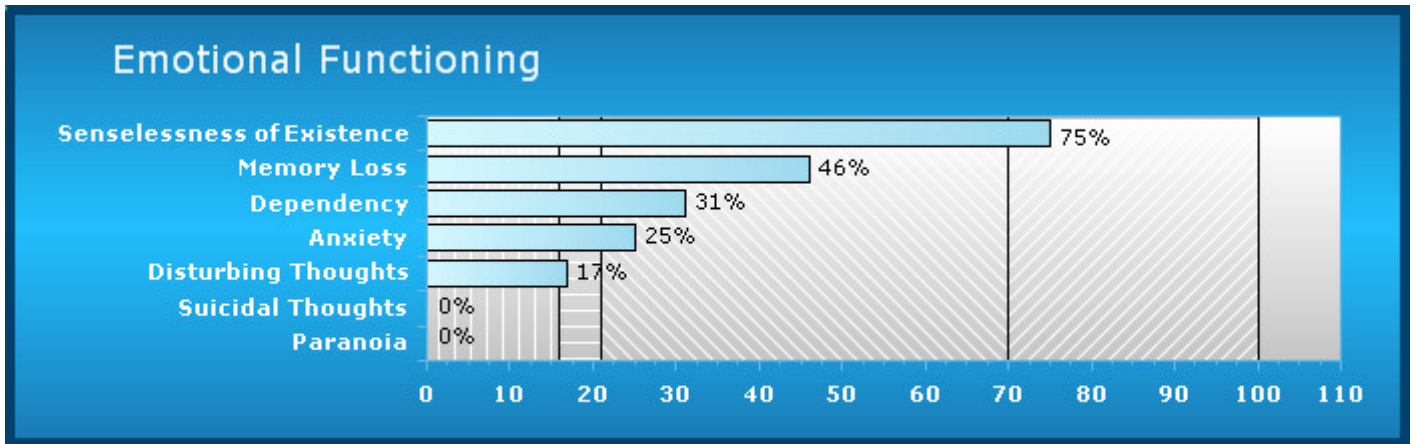
Satisfaction - GBS (38%)

Under Activated: your behaviour sometimes lacks the following elements: meaningful use of free time, interaction with others, responsible and well-considered enjoyment of life.

Satisfaction - IIS (36%)

Under Activated: you sometimes lack the following: satisfaction, happiness, friendliness and peace of mind.

Emotional Functioning



Emotional Functioning:

0% - 16% : Optimally activated.

17% - 21% : Warning area.

22% - 70% : Over activated, needs attention.

71% - 100% : Over activated, unable to rationalize.

Emotional Functioning Descriptive

Emotional Functioning

Senselessness of Existence (75%)

Over Activated: you have no purpose in life and feel you cannot help to make the world a better place. You do not learn from your experiences and do not overcome obstacles in your life. You give up your dream for your life and you are not able to help others to be happy.

Memory Loss (46%)

Over Activated: you sometimes forget where you put objects that you use daily. You sometimes forget important dates, addresses, or phone numbers that you should remember. You sometimes forget multiple directions easily.

Dependency (31%)

Over Activated: you sometimes need something to help you to cope with life and to support you to handle problems. You sometimes find it hard to manage life without the support of something else. You sometimes find life difficult to handle on your own and then you like it when something helps you to handle pressure and supports you when things go wrong.

Anxiety (25%)

Over Activated: you sometimes experience fear or become afraid. You sometimes feel panic stricken and terrified. You sometimes wake up at night feeling afraid.

Disturbing Thoughts (17%)

Warning Area: you have no ideas and thoughts that disturb you. You do not think about ugly or horrible things. Disturbing ideas do not come to you. (SOMETIMES YOU MAY EXPERIENCE YOURSELF LESS POSITIVELY.)

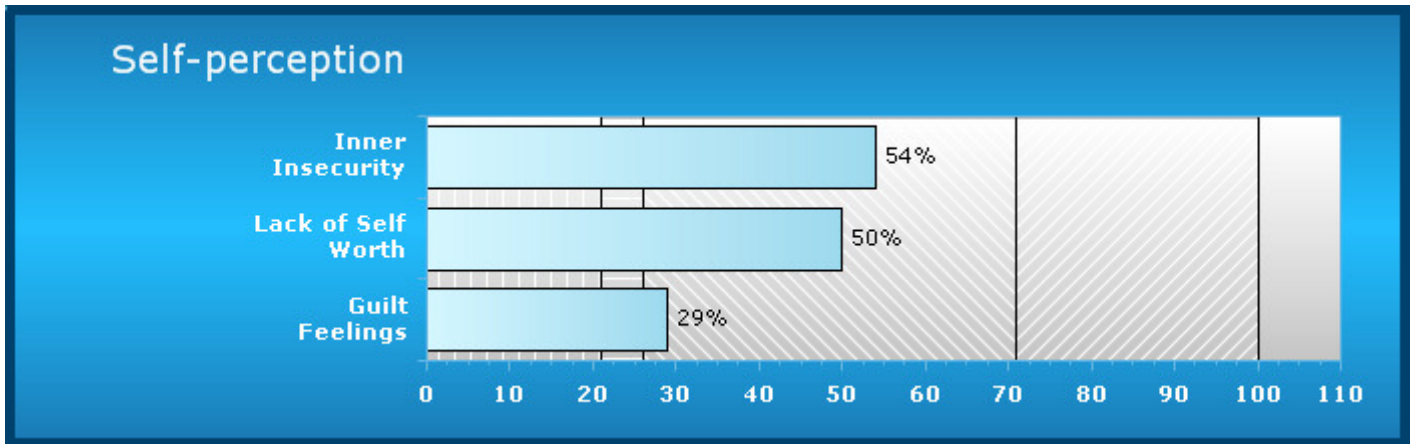
Paranoia (0%)

Optimally activated: you do not think people talk about you behind your back or that they are out to get you. You do not think people are plotting against you or that people are trying to hurt you. People around you do not resent your ability and talent and they are not trying to make you look foolish.

Suicidal Thoughts (0%)

Optimally activated: you do not think that your life is over and about ending your life.

Self-Perception



Self-Perception:

0% - 20% : Optimally activated.

21% - 25% : Warning area.

26% - 70% : Over activated, needs attention.

71% - 100% : Over activated, unable to rationalize.

Self-Perception Descriptive

Self-perception

Inner Insecurity (54%)

Over Activated: you sometimes experience a lack of security in your relationships and are afraid that you will be hurt emotionally. You sometimes feel threatened by your circumstances and are afraid of the future. You are sometimes afraid of failure and rejection.

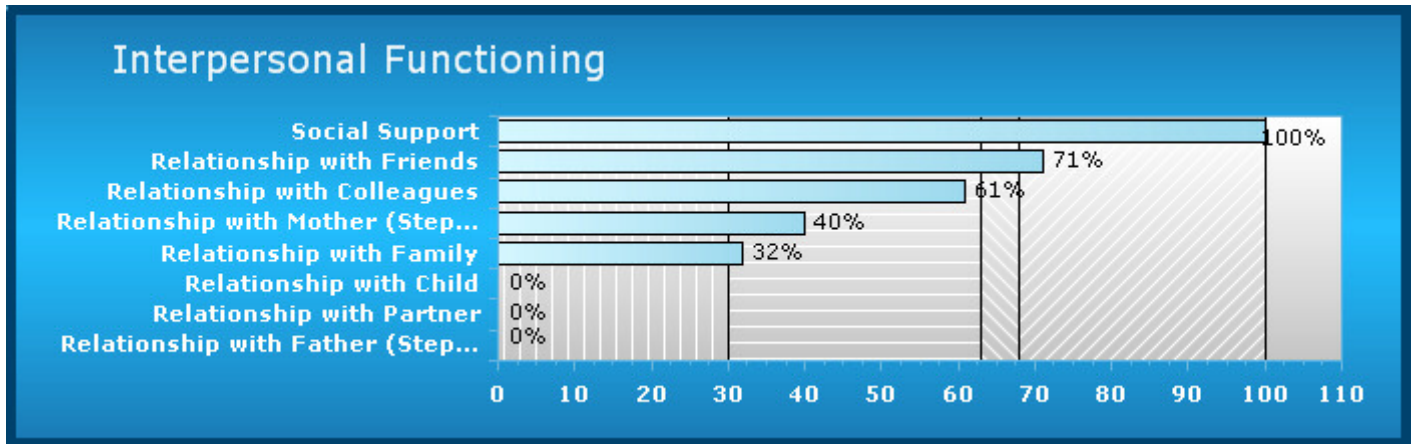
Lack of Self Worth (50%)

Over Activated: you are not always thankful for who you are and do not always experience yourself as someone important and special. You do not always feel good about yourself, feel loved, respected and needed.

Guilt Feelings (29%)

Over Activated: you do not always manage yourself responsibly and sometimes accept blame for everything that goes wrong. You sometimes feel that you deserve punishment and sometimes allow guilt feelings to control your life.

Interpersonal Functioning



Interpersonal Functioning:

0% - 30% : Under activated, unable to rationalize

31% - 63% : Under activated, needs attention.

64% - 68% : Warning area.

69% - 100% : Optimally activated.

Interpersonal Functioning Descriptive

Interpersonal Functioning

Social Support (100%)

Optimally Activated: I can rely on a special person for support. There is a special person that respects me and that cares for me. I can count on a special person when things go wrong and he/she is around when I am in need. I can talk about my problems with a special person and he/she understands my problems. There is a special person who is always there for me and he/she is a real source of comfort to me.

Relationship with Friends (71%)

Optimally Activated: my friends and I do things together. I can be honest with my friends and we share our secrets with one another. My friends bail me out when I am in trouble and we have fun together. I trust my friends.

Relationship with Colleagues (61%)

Under Activated: my colleagues sometimes criticize me and talk behind my back. They sometimes irritate and frustrate me. My colleagues sometimes let me down.

Relationship with Mother (Stepmother) (40%)

Under Activated: my mother and I do not always do things together. I cannot always be honest with my mother and we cannot always share our secrets with one another. We seldom have fun together. I do not always trust my mother.

Relationship with Family (32%)

Under Activated: my family and I do not always do things together. I cannot always be honest with my family and we cannot always share our secrets with one another. I do not always receive guidelines from my family members and we seldom have fun together. I do not always trust my family.

Relationship with Child (0%)

Under Activated: my child and I do not do things together. I cannot be honest with my child and we cannot share our secrets with one another. We do not have fun together. I do not trust my child.

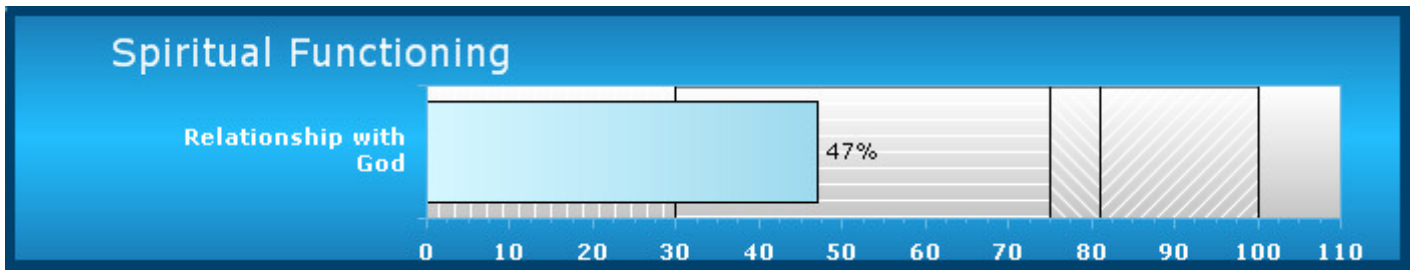
Relationship with Father (Stepfather) (0%)

Under Activated: my father and I do not do things together. I cannot be honest with my father and we cannot share our secrets with one another. We do not have fun together. I do not trust my father.

Relationship with Partner (0%)

Under Activated: my partner and I do not do things together. I cannot be honest with my partner and we cannot share our secrets with one another. We do not have fun together. I do not trust my partner.

Spiritual Functioning



Spiritual Functioning:

0% - 30% : Under activated, unable to rationalize

31% - 75% : Under activated, needs attention.

76% - 80% : Warning area.

81% - 100% : Optimally activated.

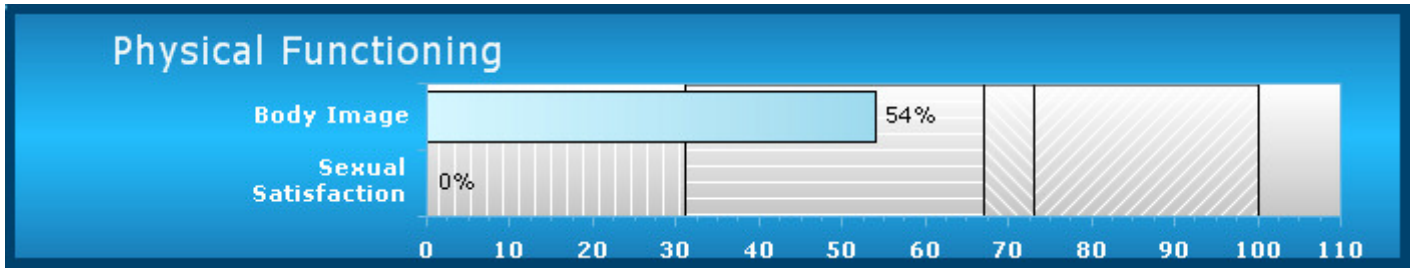
Spiritual Functioning Descriptive

Spiritual Functioning

Relationship with God (47%)

Under Activated: God is not always a reality to me and I do not always acknowledge God's guidance in my life. I am not always aware of God's guidance in my life. I do not always trust in God and I do not always allow God to change me. God does not always make a difference in my life and I do not always feel safe with God.

Physical Functioning



Physical Functioning:

0% - 31% : Under activated, unable to rationalize

31% - 67% : Under activated, needs attention.

67% - 74% : Warning area.

74% - 100% : Optimally activated.

Physical Functioning Descriptive

Physical Functioning

Body Image (54%)

Under Activated: I am sometimes dissatisfied with the shape and size of my body. I sometimes hate the way my body looks and I sometimes feel overweight. I am sometimes dissatisfied with my body.

Sexual Satisfaction (0%)

Under Activated: my sex life is not exciting. Sex is not a normal function of my relationship with my partner. Sex with my partner is not wonderful and he/she is not sexually pleased with me.