

# Interoceptive Awareness (MAIA)

Neurodevelopmental Screening Report

112

/ 160

Score

70%






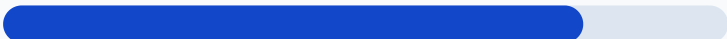


Percentage

## Good Interoceptive Awareness

### Result

You demonstrate solid body awareness across most dimensions. You can notice, attend to, and respond to your body's signals in helpful ways. This is a valuable resource for

## Category Breakdown

Category	Distribution	Pts
Noticing		18
Not distracting		14
Not worrying		12
Attention regulation		16
Emotional awareness		20
Self regulation		16
Body listening		8
Trusting		8

## Your Responses

Each answer contributed to your score.

#	Question	Your answer	Pts
1	When I am tense, I notice where the tension is located in my body. <input type="text" value="noticing"/>	Very often	4
2	I notice when I am uncomfortable in my body. <input type="text" value="noticing"/>	Often	3
3	I notice when I am comfortable in my body. <input type="text" value="noticing"/>	Often	3
4	I notice changes in my breathing, such as whether it slows down or speeds up. <input type="text" value="noticing"/>	Very often	4
5	I notice body sensations only when they are very intense. <input type="text" value="not_distracting"/>	Often	2
6	I do not notice bodily sensations of discomfort. <input type="text" value="not_distracting"/>	Often	2
7	When I feel pain or discomfort, I try to push it away. <input type="text" value="not_distracting"/>	Very often	1
8	When I feel physical pain, I become upset. <input type="text" value="not_worrying"/>	Very often	1
9	When I notice an uncomfortable body sensation, I worry that something is wrong. <input type="text" value="not_worrying"/>	Often	2
10	I can notice an unpleasant body sensation without worrying about it. <input type="text" value="not_worrying"/>	Very often	4
11	I can pay attention to my breathing without being distracted by things happening around me. <input type="text" value="attention_regulation"/>	Often	3
12	I can maintain awareness of my inner bodily sensations even when there is a lot going on around me.	Often	3

#	Question	Your answer	Pts
	attention_regulation		
1 3	When I am in conversation with someone, I can pay attention to my posture.	Very often	4
	attention_regulation		
1 4	I can return my attention to my body if I am distracted.	Often	3
	attention_regulation		
1 5	I can refocus my attention from thinking to sensing my body.	Often	3
	attention_regulation		
1 6	I can maintain awareness of my whole body even if a part of me is in pain or discomfort.	Often	3
	attention_regulation		
1 7	I am able to consciously focus on my body as a whole.	Very often	4
	attention_regulation		
1 8	I notice how my body changes when I am angry.	Often	3
	emotional_awareness		
1 9	When something is wrong in my life, I can feel it in my body.	Very often	4
	emotional_awareness		
2 0	I notice that my body feels different after a peaceful experience.	Very often	4
	emotional_awareness		
2 1	I notice that my breathing becomes free and easy when I feel comfortable.	Often	3
	emotional_awareness		
2 2	I notice how my body changes when I feel happy/joyful.	Often	3
	emotional_awareness		
2 3	When I feel overwhelmed, I can find a calm place inside myself.	Often	3
	self_regulation		
2	When I bring my attention to my body, I feel a sense of calm.	Very often	4

#	Question	Your answer	Pts
4	self_regulation		
2 5	I can use my breathing to reduce tension. self_regulation	Very often	4
2 6	When I am caught up in thoughts, I can calm my mind by focusing on my body/breathing. self_regulation	Very often	4
2 7	I listen to my body to inform me about my emotional state. body_listening	Often	3
2 8	When I am upset, I take time to explore how my body feels. body_listening	Very often	4
2 9	I listen to my body to inform me about what to do. body_listening	Often	3
3 0	I feel at home in my body. trusting	Very often	4
3 1	I feel my body is a safe place. trusting	Very often	4
3 2	I trust my body sensations. trusting	Very often	4



**AI Interpretation by Claude (Anthropic)**

claude-sonnet-4-20250514

# Tu Resultado de Conciencia Interoceptiva

Gracias por tomarte el tiempo de completar este cuestionario de exploración sobre la conciencia interoceptiva. Tu puntuación de 112 sobre 160 puntos refleja una buena conexión con las sensaciones de tu cuerpo, lo cual es algo muy valioso. Es importante recordar que este es únicamente un instrumento de exploración inicial, no un diagnóstico clínico, y está diseñado para ayudarte a conocerte mejor y reflexionar sobre tu relación con las

señales internas de tu cuerpo.

Tu resultado sugiere que tienes una capacidad positiva para percibir y atender a las sensaciones corporales en muchas áreas de tu vida diaria. Especialmente destacan tus habilidades para notar lo que sucede en tu cuerpo y tu conciencia emocional, lo cual indica que puedes reconocer cómo tus emociones se manifiestan físicamente. Al mismo tiempo, los resultados muestran que las áreas de confianza en las señales corporales y escucha corporal podrían beneficiarse de un poco más de atención. Esto es completamente normal y muchas personas encuentran que estas conexiones se fortalecen con práctica y paciencia. No significa que algo esté mal, simplemente representa oportunidades para profundizar tu autoconocimiento.

Para continuar desarrollando esta conexión cuerpo-mente, podrías considerar dedicar unos minutos cada día a prácticas de atención plena o meditación centrada en el cuerpo, comenzando con tan solo cinco minutos de observar tu respiración sin juzgarla. También puede ser muy útil llevar un diario sencillo donde registres cómo te sientes físicamente en diferentes momentos del día, especialmente antes y después de comer, descansar o hacer ejercicio. Cultivar la curiosidad amable hacia tu cuerpo, en lugar de preocuparte por las sensaciones, puede transformar gradualmente tu experiencia interoceptiva.

Te animo calurosamente a compartir estos resultados con un profesional cualificado en salud mental o medicina, quien podrá ofrecerte una evaluación completa y personalizada. Un especialista puede ayudarte a interpretar estos hallazgos dentro del contexto más amplio de tu bienestar y guiarte con estrategias específicas para ti. Este es un paso positivo en tu camino hacia el autoconocimiento y el cuidado personal.

## Recommendations

Maintain and deepen your practice. Explore advanced body-mind practices: somatic experiencing, tai chi, or body-based psychotherapy. Share this skill with others — teaching body awareness amplifies your own.

### Important Notice

This report is a screening tool only and does not constitute a medical or psychological diagnosis.

**This test does not replace a professional evaluation. For a reliable diagnosis, please consult a neuropsychologist, psychiatrist, or qualified healthcare professional.**