findyourneurotype

SAMPLE · fictional data

Sample report

Dissociation (DES-II)

Self-assessment questionnaire

Prepared for	Date	Questions	Reference
Sophie Martin	**April 23, 2026**	**28**	**4AEF3DDD**

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This report is a self-assessment tool. It is not a medical or psychological diagnosis.

Your result

56 / 112

High Dissociative Experiences

50 % of the maximum score



Your score is 30 or higher, which is the commonly used research cutoff suggesting possible clinically significant dissociation. This level is associated with dissociative disorders, complex PTSD, or severe trauma histories in research samples - but a single self-assessment cannot diagnose any of these. Many people with high scores have treatable underlying conditions.

By dimension

As a percentage of each dimension's maximum, so they can be compared.

Deperson	**44 %**	14 / 32
Absorption	**43 %**	12 / 28
Amnesia	**42 %**	22 / 52

What your answers say

Written by Claude Opus 5.5 (Anthropic) from your answers. We chose it because it is one of the most powerful AI models for this kind of analysis.

Thank you for taking the time to complete this screening and for your willingness to explore your inner experiences with honesty and openness. Reflecting on moments where your mind feels distant, foggy, or disconnected from your surroundings takes courage, and reaching a score in the higher range on this measure simply means your responses point to a pattern worth understanding better, not a label or a verdict on who you are.

The Dissociative Experiences Scale looks at everyday moments many people encounter, such as losing track of time, feeling detached from your body or emotions, or having a sense that the world around you seems unreal or dreamlike. A score of 56 out of 112 falls into a range that researchers associate with more frequent or intense experiences of this kind. This does not mean something is fundamentally wrong with you; rather, it suggests that your mind may be using dissociation as a way to cope with stress, overwhelm, or past experiences. Many people who score in this range find that these experiences fluctuate depending on their emotional state, sleep, or stress levels, and understanding this pattern can be the first step toward feeling more grounded.

There are gentle, practical steps you can take starting today. Grounding techniques, such as noticing five things you can see, four you can touch, and three you can hear, can help bring your attention back to the present moment when you notice yourself drifting. Keeping a simple journal to track when these experiences happen may reveal helpful patterns related to stress, sleep, or specific situations. Prioritizing consistent routines around rest, nutrition, and movement can also support your nervous system in feeling more stable and less prone to disconnection.

Please remember that this screening is not a diagnostic tool, and it cannot capture the full picture of your experiences or wellbeing. It offers a starting point for conversation rather than a conclusion. Reaching out to a licensed mental health professional, such as a psychologist or counselor experienced in trauma and dissociation, can provide you with meaningful clarity, personalized support, and effective strategies tailored to your life. Taking this step is a hopeful, proactive move toward feeling more connected, present, and supported, and you deserve that care.

Next steps

Pick one or two. Regularity matters more than duration.

Recommendation

High Dissociative Experiences

Seeking an evaluation from a trauma-informed mental health professional - ideally one familiar with dissociative disorders - is strongly recommended. Specialized therapies such as trauma-focused CBT, EMDR, and phase-oriented treatment for dissociation can be highly effective. You are not alone, and this is treatable.

To talk about it with a professional

Psychologist, therapist, doctor: this report can start the conversation.

- Bring page 2 (result by dimension).
- Note one or two situations that were hard for you lately.
- Say what you would like to change, even vaguely.

Need to talk to someone now? Call Suicide & Crisis Lifeline on **988**, or 911 in an emergency.

This report is a self-assessment tool. It does not replace an assessment by a professional. For a reliable diagnosis, see a neuropsychologist, a psychiatrist or another qualified healthcare professional.

Prepare your appointment

Doctor, psychiatrist, psychologist, neuropsychologist: bring this page. Fill it in a few days before, when examples come to mind.

My key figures

Dissociation (DES-II) · 56 / 112 (50 %) · High Dissociative Experiences

Test taken on April 23, 2026 · reference 4AEF3DDD

Examples from my daily life

Work or studies, home, relationships: two or three concrete situations, with what happened.

Since when?

Was it already there in childhood or adolescence? School reports or a relative's memories can help.

What I would like to change

Even vaguely: what costs you the most energy today.

Questions I can ask

- ☐ Is a full assessment useful in my case, and with whom?
- ☐ How long is the wait, and what can I do in the meantime?
- ☐ Could something else explain this (sleep, stress, thyroid, another condition)?
- ☐ What support exists, at work or in my studies?
- ☐ What should I bring next time?

Your answers

Scale from “Never” to “Almost always”.

#	Question	Your answer	Pts
Amnesia · 22 / 52			
1	Some people have the experience of driving or riding in a vehicle and suddenly realizing they don't remember what happened during all or part of the trip.	Sometimes	2
2	Some people find that sometimes they are listening to someone talk and they suddenly realize they did not hear part or all of what was said.	Rarely	1
3	Some people have the experience of finding themselves in a place and having no idea how they got there.	Rarely	1
4	Some people have the experience of finding themselves dressed in clothes they don't remember putting on.	Sometimes	2
5	Some people have the experience of finding new things among their belongings that they don't remember buying.	Rarely	1
6	Some people are sometimes approached by people they don't know who call them by another name or insist they have met before.	Sometimes	2
8	Some people are told that they sometimes do not recognize friends or family members.	Sometimes	2
9	Some people find they have no memory for important events in their lives (for example, a wedding or graduation).	Rarely	1
10	Some people have the experience of being accused of lying when they don't think they have lied.	Sometimes	2
15	Some people have the experience of not being sure whether things they remember happening really did happen or whether they just dreamed them.	Sometimes	2
24	Some people sometimes find they cannot remember whether they have done something or have just thought about doing it.	Sometimes	2
25	Some people find evidence that they have done things they do not remember doing.	Sometimes	2
26	Some people sometimes find writings, drawings, or notes among their belongings that they must have done but cannot remember doing.	Sometimes	2
Deperson · 14 / 32			
7	Some people have the experience of feeling as though they are standing next to themselves or watching themselves do something, as if looking at another person.	Sometimes	2

#	Question	Your answer	Pts
11	Some people have the experience of looking in a mirror and not recognizing themselves.	Sometimes	**2**
12	Some people have the experience of feeling that other people, objects, and the world around them are not real.	Sometimes	**2**
13	Some people have the experience of feeling that their body does not seem to belong to them.	Sometimes	**2**
16	Some people have the experience of being in a familiar place but finding it strange and unfamiliar.	Sometimes	**2**
22	Some people find that in one situation they may act so differently compared with another situation that they feel almost as if they were two different people.	Rarely	**1**
27	Some people sometimes find that they hear voices inside their head that tell them to do things or comment on things they are doing.	Rarely	**1**
28	Some people sometimes feel as if they are looking at the world through a fog, so that people and objects appear far away or unclear.	Sometimes	**2**

Absorption · 12 / 28

#	Question	Your answer	Pts
14	Some people have the experience of remembering a past event so vividly that they feel as if they were reliving it.	Sometimes	**2**
17	Some people find that when watching television or a movie they become so absorbed in the story that they are unaware of events happening around them.	Sometimes	**2**
18	Some people find they become so involved in a fantasy or daydream that it feels as though it were really happening.	Rarely	**1**
19	Some people find they are sometimes able to ignore pain.	Sometimes	**2**
20	Some people find they sometimes sit staring off into space, thinking of nothing, and are not aware of the passage of time.	Sometimes	**2**
21	Some people find that when they are alone they sometimes talk out loud to themselves.	Sometimes	**2**
23	Some people find that in certain situations they can do things with amazing ease and spontaneity that would usually be difficult for them (for example, sports, work, social situations).	Rarely	**1**