findyourneurotype

SAMPLE · fictional data

Sample report

High Potential Test (HPI/HQI)

Self-assessment questionnaire

Prepared for	Date	Questions	Reference
James Wilson	March 7, 2026	20	00000019

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

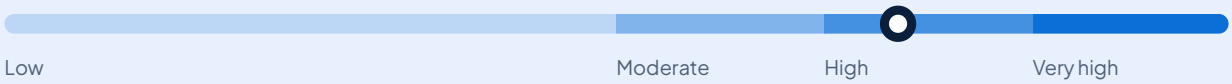
Your result

44 / 60

Probable High Potential (HPI/HQI)

73 % of the maximum score

Higher than about 29% of the 338 people who took this test on the site (they came by themselves: not a population norm).



Strong alignment with HPI: intense thinking, emotional depth, feeling different.

By dimension

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

Curiosity	**67 %**	6 / 9
Intensity	**67 %**	4 / 6
Perfectionism	**67 %**	4 / 6
Multipotentiality	**67 %**	4 / 6
Asynchrony	**67 %**	4 / 6
Existential questioning	**67 %**	2 / 3
Learning	**67 %**	4 / 6
Social sensitivity	**67 %**	4 / 6
Processing speed	**67 %**	4 / 6
Identity	**67 %**	4 / 6

What your answers say

Written by Claude (Anthropic) from your answers.

Thank you for taking the time to complete this High Potential Screening, and congratulations on engaging so thoughtfully with a process that invites real self-reflection. Scoring 44 out of 60, or roughly 73%, places you in the range associated with probable high potential characteristics. It's worth pausing here to acknowledge that many people who see results like this feel a mix of validation and curiosity, perhaps recognizing patterns they've noticed in themselves for years but never had language for. That reaction is completely normal, and it's a healthy starting point for deeper understanding.

In plain terms, this screening looks at several dimensions often associated with high-potential functioning: how you adapt to change (Adjustment), your drive toward goals (Ambition), your comfort in social settings (Sociability), your attentiveness to others' emotions and perspectives (Interpersonal Sensitivity), and your carefulness and reliability (Prudence). Your breakdown shows particular strength in Prudence and Ambition, suggesting a thoughtful, driven approach to life, alongside solid scores in Adjustment and Interpersonal Sensitivity. Sociability came in a bit lower, which might simply reflect a preference for depth over breadth in social interactions, or perhaps more selective energy around social engagement rather than a limitation.

Moving forward, consider exploring environments and activities that let your ambition and conscientiousness shine, whether through challenging projects, mentorship opportunities, or creative pursuits that stretch your thinking. It may also help to build in intentional space for the social connections that feel most nourishing to you, rather than forcing broad social engagement that doesn't align with your natural style. Journaling or discussing your reflections with someone you trust can also deepen your self-understanding and help translate these traits into daily strengths.

Please remember that this screening offers a snapshot, not a definitive judgment, and it is not a diagnostic tool. To fully understand what these patterns mean for you personally, consider connecting with a qualified psychologist or neurodevelopmental specialist who can offer personalized insight and guidance. There is real hope and possibility in getting to know yourself more fully, and this is simply one meaningful step along that journey.

Next steps

Pick one or two. Regularity matters more than duration.

Recommendation

Probable High Potential (HPI/HQI)

A formal evaluation by a specialist is strongly advised. HPI communities offer valuable support.

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.

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.

Your answers

Scale from “Never / Not at all” to “Always / Very much”.

#	Question	Your answer	Pts
Curiosity · 6 / 9			
1	I learn quickly and easily absorb large amounts of information.	Sometimes / Fairly	2
2	I have a strong need to understand things deeply, not just superficially.	Sometimes / Fairly	2
3	I ask many questions and often find official answers unsatisfying.	Sometimes / Fairly	2
Intensity · 4 / 6			
4	I feel emotions more intensely than most people around me.	Sometimes / Fairly	2
5	I am highly sensitive to sounds, lights, smells or textures others seem not to notice.	Sometimes / Fairly	2
Perfectionism · 4 / 6			
6	I set very high standards for myself and feel frustrated when I don't meet them.	Sometimes / Fairly	2
7	I have a strong sense of justice and am deeply disturbed by unfairness.	Sometimes / Fairly	2
Multipotentiality · 4 / 6			
8	I have many passions and interests and struggle to choose just one path.	Sometimes / Fairly	2
9	I get bored easily when tasks are too repetitive or don't challenge me.	Sometimes / Fairly	2
Asynchrony · 4 / 6			
10	As a child, I felt different from my peers and struggled to fit in.	Sometimes / Fairly	2
11	I have always preferred talking with older or more intellectually mature people.	Sometimes / Fairly	2
Existential questioning · 2 / 3			
12	I think about deep existential questions (meaning of life, death, etc.) more than others.	Sometimes / Fairly	2
Learning · 4 / 6			
13	I tend to make unexpected connections between seemingly unrelated ideas.	Sometimes / Fairly	2
14	I read extensively and remember most of what I read.	Sometimes / Fairly	2
Social sensitivity · 4 / 6			

#	Question	Your answer	Pts
15	I find it difficult to relate to people who aren't curious or don't think deeply.	Sometimes / Fairly	**2**
16	I have been called 'too intense', 'too sensitive' or 'too much' by others.	Sometimes / Fairly	**2**
Processing speed · 4 / 6			
17	I process information rapidly but often need time to communicate my thoughts clearly.	Sometimes / Fairly	**2**
18	My mind works so fast that I sometimes struggle to keep up with my own thoughts.	Sometimes / Fairly	**2**
Identity · 4 / 6			
19	I have long felt I function differently from most people, without knowing why.	Sometimes / Fairly	**2**
20	Learning about giftedness made me feel recognized or understood for the first time.	Sometimes / Fairly	**2**