findyourneurotype

SAMPLE · fictional data

Sample report

Interoceptive Awareness (MAIA)

Self-assessment questionnaire

Prepared for	Date	Questions	Reference
James Wilson	**March 8, 2026**	**32**	**00000027**

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

Your result

112 / 160

Good Interoceptive Awareness

70 % of the maximum score



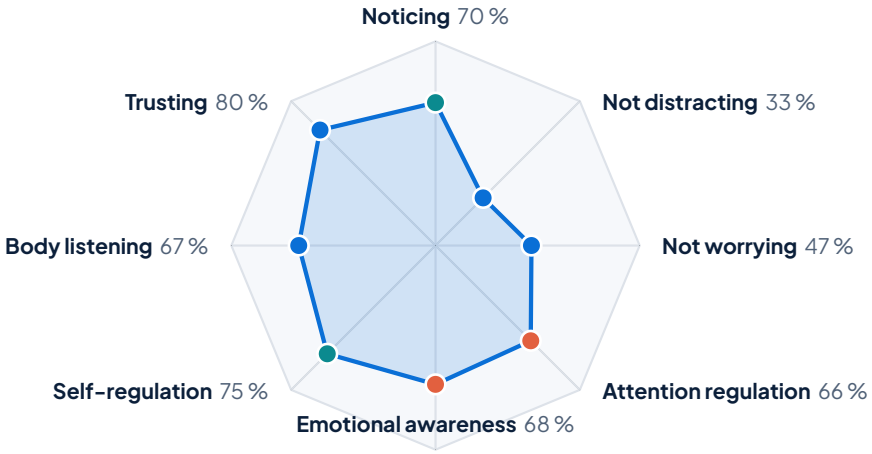
You demonstrate solid body awareness across most dimensions. You can notice, attend to, and respond to your body's signals in helpful ways. This is a valuable resource for emotional regulation and wellbeing.

By dimension

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

Self-regulation	**75 %**	15 / 20
Noticing	**70 %**	14 / 20
Emotional awareness	**68 %**	17 / 25
Attention regulation	**66 %**	23 / 35
Trusting	**80 %**	12 / 15
Body listening	**67 %**	10 / 15
Not worrying	**47 %**	7 / 15
Not distracting	**33 %**	5 / 15

Your strengths To explore



What your answers say

Written by Claude (Anthropic) from your answers.

Your strengths

Self-regulation · 75 %

Noticing · 70 %

To explore

Attention regulation · 66 %

Emotional awareness · 68 %

Thank you for taking the time to complete this Interoceptive Awareness screening—tuning into how you relate to your body's internal signals takes genuine self-reflection, and your willingness to explore this says a lot about your commitment to understanding yourself better. Scoring 112 out of 160, or 70%, reflects what we're calling Good Interoceptive Awareness, meaning you generally have a solid connection with the sensations and signals your body sends you. This is a strength worth recognizing, and it's completely normal to see some variation across different aspects of this awareness, as no one experiences their body the same way in every moment or context.

Looking at your category breakdown, some areas really shine, particularly your Emotional Awareness (20) and Noticing (18), which suggest you're quite attuned to recognizing physical sensations and connecting them to your emotional experiences. Your Attention Regulation (16) and Self-Regulation (16) scores also indicate a healthy capacity to focus on and manage bodily sensations when needed. Interestingly, your Body Listening (8) and Trusting (8) scores are a bit lower relative to the others, which might suggest that while you notice and understand your body's signals well, there could be room to grow in actively listening to your body for guidance or fully trusting the wisdom it offers you.

To nurture this trust and deepen body listening, you might explore gentle practices like body scan meditations, mindful walking, or simply pausing throughout the day to ask your body what it needs before making decisions. Journaling about moments when your body's signals proved reliable can also help build that sense of trust over time. Additionally, activities like yoga or breathwork can strengthen the bridge between noticing sensations and confidently acting on them.

Please remember that this screening offers a helpful snapshot rather than a clinical diagnosis, and it's not meant to label or define you. If you're curious about exploring these patterns further or want personalized guidance, connecting with a qualified healthcare provider, therapist, or somatic practitioner could offer valuable insight and support. You're clearly already on a thoughtful path toward greater self-understanding, and that curiosity is something to feel genuinely encouraged about.

Next steps

Pick one or two. Regularity matters more than duration.

Recommendation

Good Interoceptive Awareness

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.

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” to “Always”.

#	Question	Your answer	Pts
Noticing · 14 / 20			
1	When I am tense, I notice where the tension is located in my body.	Very often	**4**
2	I notice when I am uncomfortable in my body.	Often	**3**
3	I notice when I am comfortable in my body.	Often	**3**
4	I notice changes in my breathing, such as whether it slows down or speeds up.	Very often	**4**
Not distracting · 5 / 15			
5	I notice body sensations only when they are very intense. reversed	Often	**2**
6	I do not notice bodily sensations of discomfort. reversed	Often	**2**
7	When I feel pain or discomfort, I try to push it away. reversed	Very often	**1**
Not worrying · 7 / 15			
8	When I feel physical pain, I become upset. reversed	Very often	**1**
9	When I notice an uncomfortable body sensation, I worry that something is wrong. reversed	Often	**2**
10	I can notice an unpleasant body sensation without worrying about it.	Very often	**4**
Attention regulation · 23 / 35			
11	I can pay attention to my breathing without being distracted by things happening around me.	Often	**3**
12	I can maintain awareness of my inner bodily sensations even when there is a lot going on around me.	Often	**3**
13	When I am in conversation with someone, I can pay attention to my posture.	Very often	**4**
14	I can return my attention to my body if I am distracted.	Often	**3**
15	I can refocus my attention from thinking to sensing my body.	Often	**3**
16	I can maintain awareness of my whole body even if a part of me is in pain or discomfort.	Often	**3**
17	I am able to consciously focus on my body as a whole.	Very often	**4**

#	Question	Your answer	Pts
Emotional awareness · 17 / 25			
18	I notice how my body changes when I am angry.	Often	**3**
19	When something is wrong in my life, I can feel it in my body.	Very often	**4**
20	I notice that my body feels different after a peaceful experience.	Very often	**4**
21	I notice that my breathing becomes free and easy when I feel comfortable.	Often	**3**
22	I notice how my body changes when I feel happy/joyful.	Often	**3**
Self-regulation · 15 / 20			
23	When I feel overwhelmed, I can find a calm place inside myself.	Often	**3**
24	When I bring my attention to my body, I feel a sense of calm.	Very often	**4**
25	I can use my breathing to reduce tension.	Very often	**4**
26	When I am caught up in thoughts, I can calm my mind by focusing on my body/breathing.	Very often	**4**
Body listening · 10 / 15			
27	I listen to my body to inform me about my emotional state.	Often	**3**
28	When I am upset, I take time to explore how my body feels.	Very often	**4**
29	I listen to my body to inform me about what to do.	Often	**3**
Trusting · 12 / 15			
30	I feel at home in my body.	Very often	**4**
31	I feel my body is a safe place.	Very often	**4**
32	I trust my body sensations.	Very often	**4**

"Reversed": these questions are scored the other way round from the others.