findyourneurotype

SAMPLE · fictional data

Sample report

Master Neurotype Test

Neurodevelopmental self-assessment

Prepared for	Date	Questions	Reference
Emma Johnson	**April 16, 2026**	**30**	**00000030**

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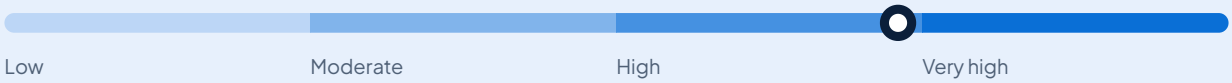
This report is a self-assessment tool. It is not a medical or psychological diagnosis.

Your result

88 / 120

Several clearly marked traits

73 % of the maximum score



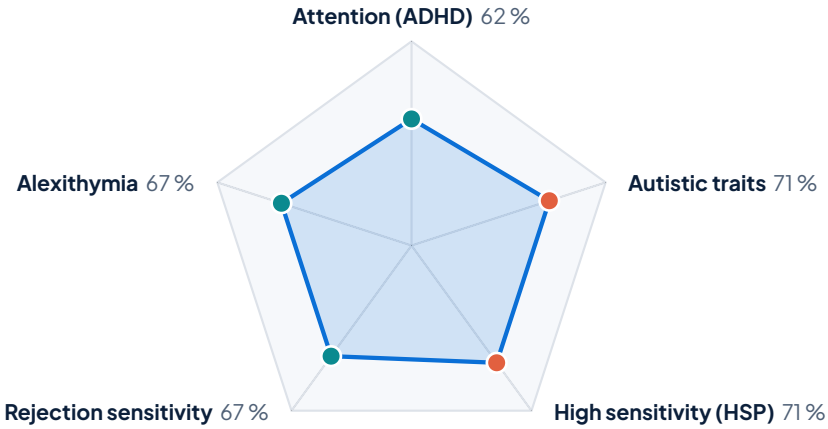
Your overall score is high: several dimensions of this questionnaire are clearly present in your answers. The scores by dimension show whether this comes from one or two dimensions or from several. This short questionnaire cannot tell whether it is ADHD, autism or something else: high sensitivity, rejection sensitivity and alexithymia are traits, not diagnoses, and anxiety, tiredness or stress can also raise these scores.

By dimension

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

Autistic traits	**71 %**	17 / 24
High sensitivity (HSP)	**71 %**	17 / 24
Rejection sensitivity	**67 %**	16 / 24
Alexithymia	**67 %**	16 / 24
Attention (ADHD)	**62 %**	15 / 24

Least marked Most marked



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.

Least marked

Attention (ADHD) · 62 %

Alexithymia · 67 %

Rejection sensitivity · 67 %

Most marked

Autistic traits · 71 %

High sensitivity (HSP) · 71 %

Looking Closely at Yourself

Taking time to answer questions about how you think, feel and react takes honesty, and it can stir up a lot. Your chart shows several traits that are clearly marked, with Rejection sensitivity and Attention (ADHD) standing tallest and Autistic traits close behind. In everyday words, a number of these experiences seem to be a regular part of your life, not occasional visitors. This is a short self-assessment questionnaire written for this site, not a clinical diagnosis, so treat what follows as a starting point for reflection.

When Criticism Lands Hard

Rejection sensitivity is your highest dimension, and it sits near the top of its scale. Its questions ask how strongly you react to perceived criticism or rejection. A result this high suggests that you recognised yourself in most of them, and often.

Day to day, this can look like a short reply to a message, a neutral comment from a manager, or a friend

cancelling plans feeling far heavier than the moment seems to warrant. You might replay a conversation for hours, searching for what you did wrong. You might also brace against possible disapproval before it comes, holding back an idea or overpreparing so that no one can find fault. The pain is real even when the rejection was never intended.

The Rest of Your Chart

Attention (ADHD) is your second-highest area. Its questions cover focus, organisation, restlessness and impulsivity. At your level, keeping track of tasks, staying with less interesting work, or slowing down before acting may take regular, noticeable effort. Your answers resemble what adults with ADHD often describe, though this questionnaire cannot say more than that.

Autistic traits are also clearly marked. These questions look at things like social communication, routines, sensory experience and focused interests. A result in this range suggests that some social situations may feel effortful to read or navigate, and that predictability may matter to you.

High sensitivity (HSP) sits in the middle of its range. Its questions explore how strongly you respond to noise, light, busy environments and other people's moods. You recognised some of these experiences, which may mean certain settings tire you more than others, while some still feel manageable.

Alexithymia is also in the middle range. Its questions ask how easily you can notice, name and describe your own feelings. Your answers suggest that putting emotions into words is sometimes harder for you, perhaps especially when emotions run high.

Themes Running Through Your Answers

This questionnaire touches on five areas: reactions to criticism, attention and self-organisation, social and sensory preferences, sensitivity to surroundings, and emotional awareness. In your case, the questions about interpersonal hurt and about focus and impulsivity drew the strongest agreement.

A result like this one points less to a single area and more to a situation where emotional intensity and daily self-management are both doing a lot of work. The middle-range areas suggest that sensitivity to surroundings and naming feelings play a part too, though not as strongly or as often.

How These Traits Can Interact

Your two highest dimensions can feed into each other. Difficulty regulating emotions is common in adults with ADHD, and this is well documented. Intense reactions to criticism or rejection are often described by adults with ADHD too, although "rejection sensitive dysphoria" is not a recognised diagnosis and has been little studied. In practice, a missed deadline or a forgotten detail can bring a correction, and that correction may then sting more than expected, adding emotional weight to what began as an organisational slip.

Attention and Autistic traits can also sit side by side. ADHD and autism often occur together, which is well documented. Some people describe a pull between needing novelty and needing routine: craving stimulation while also wanting things to stay predictable.

Living With It Day to Day

At work or in studies, you may put in extra effort just to stay organised and on track, while also scanning for signs that your work is not good enough. Feedback, even when kind, may need time to settle before you can use it. At home, unstructured time and practical tasks may pull in different directions. In relationships, you may care deeply about how others feel toward you, and small changes in tone can feel significant.

There are strengths here too. Strong emotional responsiveness often goes with care, attentiveness to fairness and loyalty. Engagement with what interests you can bring energy and depth. Given everything your answers describe, feeling tired or overwhelmed at times is entirely understandable.

Other Influences Worth Considering

Your experiences deserve to be taken seriously, and it also helps to know that other factors can raise several of these scores at once. Anxiety can sharpen fears of rejection and scatter attention. Low mood can make criticism feel more personal and emotions harder to name. Poor sleep and ongoing stress can affect focus, patience and sensitivity to noise or crowds.

A health professional would look at how long these patterns have been present, including whether they go back to childhood, how they show up across different settings, and whether mood, anxiety, sleep or life circumstances might be contributing. This broader picture is something a short questionnaire cannot provide.

A Clear Next Step

Since Rejection sensitivity is your highest dimension, the most useful next step is the RSD-12 test on this site, which explores this area in finer detail. If reactions to criticism, difficulties with focus, or social strain are weighing on your work, relationships or wellbeing, talking with a health professional would also be worthwhile.

Understanding your reactions more clearly is a meaningful step in its own right. With better information and the right support, there is real room to respond to yourself with more patience, wherever this exploration leads.

Next steps

Pick one or two. Regularity matters more than duration.

Rejection sensitivity

Pause before interpreting feedback

When a comment stings, write down exactly what was said, then list two other possible meanings besides rejection. Wait at least an hour before replying if you can.

5 min, whenever criticism lands hard

Rejection sensitivity

Keep a kind-words file

Save messages, notes or comments where people appreciated you in one folder or notebook. Read a few entries when you notice yourself replaying a perceived rejection.

2-3 min, as needed

Attention (ADHD)

Plan tomorrow in three items

Each evening, choose the three most important tasks for the next day and write them where you will see them first thing. Break any vague task into a first concrete action.

5 min, once a day

Autistic traits

Build a flexible daily anchor

Choose one fixed routine, such as a morning drink in the same spot, and add one small new element each week. This keeps predictability while leaving room for novelty.

10 min, daily

High sensitivity (HSP)

Schedule quiet recovery breaks

After busy meetings or crowded places, step into a quieter space, lower stimulation and breathe slowly. Plan these breaks in advance on demanding days.

10 min, 1-2 times a day

Alexithymia

Daily feelings check-in

Note where you feel tension or ease in your body, then pick the closest word from a simple list of emotions. Over time, look for links between situations and feelings.

3 min, twice a day

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

Master Neurotype Test · 88 / 120 (73 %) · Several clearly marked traits

Most marked: Autistic traits (71 %), High sensitivity (HSP) (71 %)

Test taken on April 16, 2026 · reference 00000030

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 “Always”.

#	Question	Your answer	Pts
Attention (ADHD) · 15 / 24			
1	I have trouble wrapping up the final details of a project once the challenging parts are done.	Often	3
2	I have difficulty getting things in order when I have to do a task that requires organization.	Sometimes	2
3	I have problems remembering appointments or obligations.	Sometimes	2
4	When I have a task that requires a lot of thought, I avoid or delay getting started.	Often	3
5	I fidget or squirm with my hands or feet when I have to sit for a long time.	Sometimes	2
6	I feel overly active and compelled to do things, as if driven by a motor.	Often	3
Autistic traits · 17 / 24			
7	I notice small sounds in my environment that others seem to miss.	Often	3
8	I tend to focus on small details rather than the overall picture.	Often	3
9	I find it hard to do several things at once.	Sometimes	2
10	I find it difficult to read what someone is feeling just by looking at their face.	Often	3
11	When reading a story, I find it hard to figure out a character's motivations.	Often	3
12	I find it difficult to imagine what it would be like to be someone else.	Often	3
High sensitivity (HSP) · 17 / 24			
13	I am easily overwhelmed by strong sensory input like bright lights, strong smells or loud noises.	Often	3
14	I notice and am affected by other people's moods.	Often	3
15	I get rattled when I have a lot to do in a short amount of time.	Often	3
16	I find it unpleasant to have a lot going on at once.	Often	3
17	I am deeply moved by the arts or music.	Often	3
18	I startle easily.	Sometimes	2
Rejection sensitivity · 16 / 24			

#	Question	Your answer	Pts
19	I feel intense emotional pain when I sense rejection, real or imagined.	Often	3
20	Mild criticism feels devastating, far beyond what others seem to experience.	Often	3
21	I avoid situations where I might fail or be judged, even when I know I could succeed.	Often	3
22	I become a people-pleaser to avoid the possibility of being rejected.	Sometimes	2
23	After a perceived rejection, I dwell on it for hours or days.	Sometimes	2
24	The fear of rejection holds me back from pursuing things I genuinely want.	Often	3

Alexithymia · 16 / 24

25	I have difficulty identifying what I am feeling.	Often	3
26	I find it hard to describe my feelings in words.	Often	3
27	I have feelings that I can't quite identify.	Sometimes	2
28	I prefer to talk about daily activities rather than my feelings.	Often	3
29	When others ask how I feel, I don't know what to say.	Sometimes	2
30	I tend to focus on physical sensations rather than emotional ones.	Often	3