findyourneurotype

SAMPLE · fictional data

Sample report

Master Neurotype Test

Neurodevelopmental self-assessment

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

Contents

1 Your result p. 2

2 What your answers say p. 3

3 Next steps p. 4

4 Prepare your appointment p. 6

5 Your answers p. 7

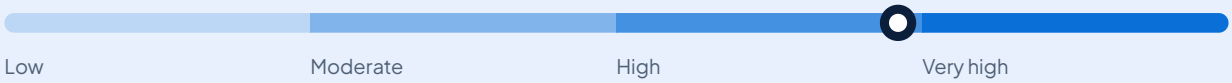
This report is a self-assessment tool. It is not a medical or psychological diagnosis.

Your result

88 / 120

Several clearly marked traits

73 % of the maximum score



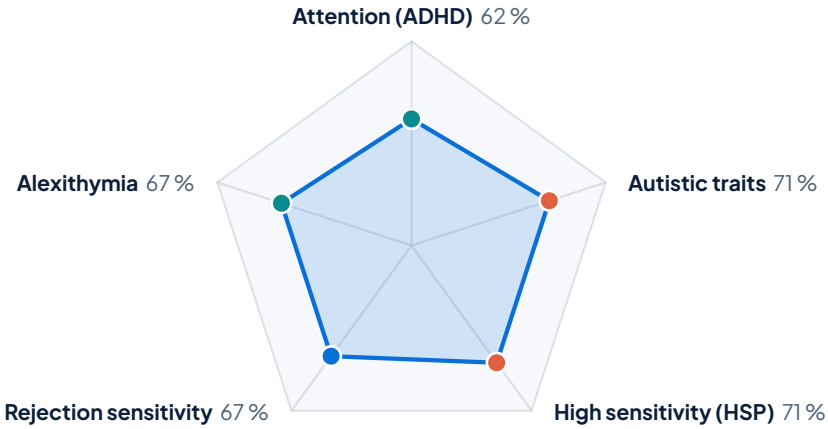
Your overall score is high: several dimensions of this questionnaire are clearly present in your answers. The scores by dimension show whether this comes from one or two dimensions or from several. This short questionnaire cannot tell whether it is ADHD, autism or something else: high sensitivity, rejection 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 (Anthropic) from your answers.

Least marked

Attention (ADHD) · 62 %

Alexithymia · 67 %

Most marked

Autistic traits · 71 %

High sensitivity (HSP) · 71 %

Taking the time to sit with these questions and look honestly at your own inner patterns is not a small thing, and it deserves real acknowledgment. The shape that emerges from your radar is one of considerable intensity across several dimensions at once, with two peaks rising well above the rest and a broader baseline that is still elevated compared to typical patterns. At 73.3% overall, this places you in the range the test describes as a Significant Neurodivergent Profile, a screening signal that your inner wiring likely diverges meaningfully from neurotypical norms in more than one way.

The loudest signal here is rejection sensitivity, scoring 22 out of 24. In daily life, this often looks like replaying a two-line email from your boss for the rest of the afternoon, certain that a slightly flat tone means you have done something wrong. It can mean rehearsing conversations before they happen, over-apologizing for things that needed no apology, or feeling a full-body wave of dread before opening a text message. You may have become extremely skilled at reading rooms and adjusting yourself to avoid even the possibility of disapproval, a kind of constant social vigilance that likely feels exhausting but automatic, like a job you never applied for and cannot resign from.

Your second-highest score, ADHD at 20 out of 24, does not sit quietly alongside that rejection

sensitivity, it feeds it. This combination closely resembles what clinician William Dodson has called the ADHD-RSD loop, common in adults with attention differences, especially women diagnosed later in life. Executive dysregulation, things like missed deadlines, forgotten replies, or blurted comments, generates real or imagined moments of social friction, and because your rejection sensitivity is so pronounced, each of those moments lands not as a minor stumble but as evidence of fundamental unworthiness. The emotional aftermath then makes it harder to focus, plan, or regulate, which produces more of the very slip-ups you are afraid of. It becomes a self-reinforcing cycle, not a character flaw.

From the inside, this profile likely feels like living with the volume turned up on both attention and emotion simultaneously. Your mind may struggle to hold onto tasks, timelines, or objects, while your heart is working overtime to detect signs of disappointment in every interaction. This produces a very particular kind of tiredness, not simple sleepiness, but the depletion that comes from constantly monitoring, correcting, and bracing. If you have ever wondered why ordinary days leave you feeling wrung out even when nothing dramatic happened, this dual load offers a biologically coherent explanation. You are not overreacting or being fragile, you are carrying two demanding systems at once.

Given how strongly rejection sensitivity dominates your profile, the single most valuable next step would be exploring the dedicated RSD-12 assessment, which can offer a more granular picture of how this sensitivity shows up and how it intertwines with your attention patterns. Because this is a screening tool rather than a diagnostic instrument, a fuller picture and, if helpful, a conversation with a qualified clinician can offer both validation and practical strategies. You have already taken the harder step, which is looking clearly and with curiosity, and that kind of self-awareness tends to open doors rather than close them.

Next steps

Pick one or two. Regularity matters more than duration.

Recommendation

Several clearly marked traits

If these traits weigh on your work, relationships or wellbeing, talk to a health professional (doctor, psychologist or psychiatrist). Taking the dedicated test for your highest dimension first can help you prepare that conversation.

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 %), Rejection sensitivity (67 %)

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

#	Question	Your answer	Pts
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**