findyourneurotype

SAMPLE · fictional data

Sample report

Time Blindness Self-Check

Neurodevelopmental self-assessment

Test	Date	Questions	Reference
Time blindness	November 17, 2026	15	000000AF

Contents

1 Your result p. 2

2 What your answers say p. 3

3 Next steps p. 5

4 Prepare your appointment p. 7

5 Your answers p. 8

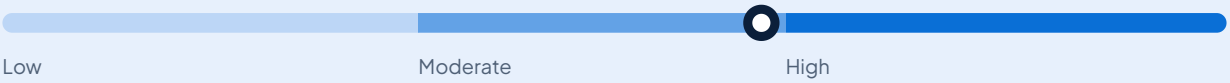
This report is a self-assessment tool. It is not a medical or psychological diagnosis.

Your result

37 / 60

Noticeable Time Blindness Traits

62 % of the maximum score



You report a clearly noticeable pattern: time slips away when absorbed, estimates run optimistic, and deadlines gain reality only as they approach. This resembles, in a milder form, the time-perception differences that Barkley (1997) and Ptacek et al. (2019) describe in ADHD, though stress, sleep debt and overload can produce the same picture.

By dimension

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

Lateness *	**100 %**	4 / 4
Deadline pressure *	**100 %**	4 / 4
Waiting mode *	**75 %**	3 / 4
Planning *	**75 %**	3 / 4
Time awareness	**69 %**	11 / 16
Time estimation *	**62 %**	5 / 8
Time myopia *	**38 %**	3 / 8
Transitions *	**38 %**	3 / 8
External aids *	**25 %**	1 / 4

* Fewer than 3 questions: shown, but too few to be highlighted.

What your answers say

Written by Claude (Anthropic) from your answers.

Making Sense of Your 61.7%

Thank you for taking the time to answer these questions honestly. Looking closely at how you live with time is not always comfortable, especially when it touches on lateness or last-minute scrambles. Your score of 37 out of 60, or 61.7%, falls in the range described as "Noticeable Time Blindness Traits." In plain terms, many of the experiences this questionnaire asks about are a familiar part of your life, and some of them come up often or very often.

This is a self-assessment, not a clinical diagnosis. It looks at how you sense, estimate, plan and move through time, based on your own account. It cannot explain why these patterns happen, and it cannot tell you whether they point to any particular condition. Only a qualified professional can explore that with you.

Where Your Profile Peaks and Dips

Your two highest areas are Deadline pressure and Lateness, both at 100%. The deadline questions ask whether action only starts when urgency arrives, and the lateness questions ask about arriving late despite real effort. Full marks in both suggest that getting going and getting there on time may be daily friction points.

Close behind are Planning and Waiting mode, both at 75%. Planning looks at whether your days are loaded beyond what can fit. Waiting mode asks whether a later appointment freezes the hours before it. Together, they describe days that can feel both overfull and strangely stuck.

Time awareness (69%) and Time estimation (62%) sit in the middle. These questions explore whether you can feel time passing and judge how long things take. Your scores suggest that your inner sense of time is often out of step with the clock.

Your lowest areas are Time myopia and Transitions, both at 38%, and External aids at 25%. These dimensions contributed less to your result. On the radar chart, they form the quieter side of your profile, and they may be areas where things work comparatively better for you.

Effort That the Clock Doesn't Reward

One answer seems to sit at the heart of your results. You reported arriving late "very often," even when you genuinely tried to be on time. That detail matters: it describes a gap between effort and outcome, not a lack of caring.

Other answers help explain that gap. You said that, without a clock, you very often struggle to sense how much time has passed, and that you are often surprised to see how late it already is. A phone picked up "for a minute" often swallows far more time. You also often underestimate how long tasks take, even familiar ones. When time slips by unnoticed and tasks run longer than expected, lateness can follow despite good intentions.

Your answer about doing things "in a last-minute rush" very often fits too. When time is hard to feel, pressure may become the signal that finally makes it real.

How This Can Show Up Day to Day

At work or in studies, this pattern can look like projects that sit untouched until the final days and then come together in an intense burst. Meetings may start before you arrive, and to-do lists may hold far more than one day allows. The fact that you do get things done under pressure is worth noting: that capacity to deliver when it counts is real, even if the route there is stressful.

At home, a morning appointment can quietly take over the whole day, with little getting started beforehand. In relationships, repeated lateness may be read by others as indifference, which can hurt when you know how hard you tried. Talking openly about how time feels to you may help people close to you understand.

Other Influences on a Score Like This

An online questionnaire captures one moment and depends on how you read each question. Several common factors can raise or lower a score like this one. Poor sleep, stress, a heavy or chaotic period, low mood, anxiety and fatigue can all distort the sense of time and make planning harder. A calm, well-rested stretch might produce a different picture. Your environment matters too: a job full of interruptions or a life with few fixed routines can make time harder to track.

A professional would look beyond this snapshot. They might ask how long these patterns have been present, whether they appeared in childhood, how they show up across work, home and relationships, and what else could be contributing. That broader view is something no self-assessment can offer.

Gentle First Moves Forward

You might start by making time visible, since your answers suggest your inner clock is the least reliable guide. A visual timer or a clock in each room can help you notice time passing instead of being surprised by it.

It may also help to build in honest buffers. Because your estimates often run short, adding extra time to familiar tasks and to departures can help close the gap between your effort and your arrival.

If these patterns weigh on your work, studies or relationships, consider speaking with a doctor, psychologist or other qualified professional. Bringing this report can be a helpful starting point. Understanding your relationship with time more clearly can open the door to strategies that fit how you actually work.

Next steps

Pick one or two. Regularity matters more than duration.

Deadline pressure

Create small, early mini-deadlines

Break each task into steps and give the first step a deadline within the next day or two. Tell someone about it or put it in your calendar so the pressure arrives early.

10 min, once per new task

Lateness

Plan your departure, not arrival

Write down the time you need to walk out the door, not the appointment time, and set an alarm 15 minutes before it. When it rings, start your leaving routine immediately.

2 min, before each appointment

Planning

Cap your daily list at three

Choose the three tasks that matter most each morning and put everything else on a separate later list. Add more only once all three are finished.

5 min, every morning

Waiting mode

Fill the wait with timed blocks

Before a later appointment, set a timer for a short block of a defined task and an alarm for when you must stop. Knowing the alarm will warn you can make it easier to start.

25 min blocks, on appointment days

Time awareness

Add hourly time check-ins

Set a gentle chime on your phone or watch every hour and glance at the clock when it sounds. Before picking up your phone for a break, set a 10-minute timer.

A few seconds, every hour

Time estimation

Track estimates against reality

Before a routine task, write how long you think it will take, then note the real time afterwards. After a week, use the difference to adjust future plans.

1 min per task, for one week

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

Time Blindness Self-Check · 37 / 60 (62 %) · Noticeable Time Blindness Traits

Most marked: Time awareness (69 %)

Test taken on November 17, 2026 · reference 000000AF

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 “Very often”.

#	Question	Your answer	Pts
Time estimation · 5 / 8			
1	I underestimate how long a task will take, even tasks I have done many times before.	Often	3
8	My estimate of how long it takes me to get ready and leave the house is wrong, in the same direction, again and again.	Sometimes	2
Time awareness · 11 / 16			
2	When I am absorbed in something, hours can pass without me noticing.	Rarely	1
5	Without looking at a clock, I have trouble sensing how much time has passed.	Very often	4
9	I pick up my phone "for a minute" and look up to find that far more time has vanished.	Often	3
12	I am genuinely surprised when I see what time it is ("how is it already this late?").	Often	3
Lateness · 4 / 4			
3	I arrive late even when I genuinely tried to be on time.	Very often	4
Time myopia · 3 / 8			
4	A deadline only feels real to me once it is very close; before that it is as if it did not exist.	Sometimes	2
14	Consequences that are weeks away have almost no influence on what I do today.	Rarely	1
Waiting mode · 3 / 4			
6	When I have an appointment later in the day, I cannot start anything meaningful before it ("waiting mode").	Often	3
Deadline pressure · 4 / 4			
7	I only manage to get things done in a last-minute rush, when the pressure finally kicks in.	Very often	4
Transitions · 3 / 8			
10	Even when I planned to stop an activity at a certain time, I struggle to actually stop when that time comes.	Rarely	1

#	Question	Your answer	Pts
15	My planned bedtime slips later, night after night, without me deciding it.	Sometimes	2
Planning · 3 / 4			
11	I plan more things into a day than could realistically ever fit.	Often	3
External aids · 1 / 4			
13	Without alarms, timers or reminders, my day falls apart.	Rarely	1