YOUR ANSWERS. YOUR PERSPECTIVE.

Communication

Personal everyday reflection

A wholly fictional example. The values illustrate a report and say nothing about you.

ANSWERED: 24 / 24 | 4 PROFILE AREAS

1

Clear agreements

You describe a noticeable tendency towards explicitly clarifying expectations, meanings and firm commitments. This pattern stands out in your responses; it is not a comparison with other people.

2

Choosing communication formats

You describe a noticeable tendency towards choosing communication channels and explanatory aids to suit the topic and other person. This pattern stands out in your responses; it is not a comparison with other people. Some responses differ substantially from this direction.

3

Individual responses matter

Choosing communication formats: Scored responses range from 2 to 5/5 (items 13 & 19).

Your first small step

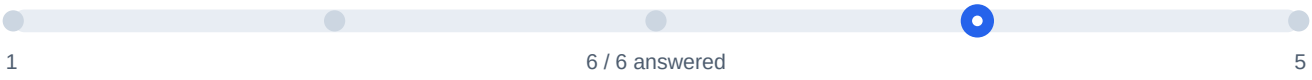
Compare a message with a brief conversation for an ordinary topic.

02 / YOUR REPORT

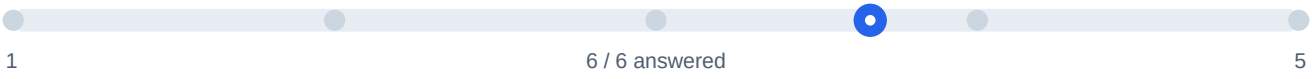
Your profile at a glance

Each dot shows an area response average on a scale of 1 to 5. Only your own responses are compared.

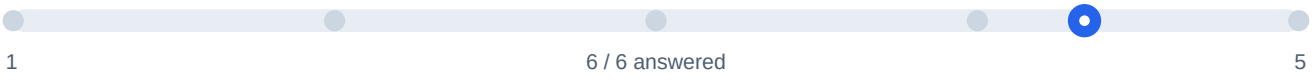
Clear agreements 4.0 / 5



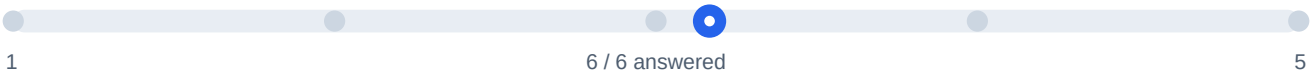
Choosing communication formats 3.7 / 5



Planning together 4.3 / 5



Sharing preferences 3.2 / 5



How to read the chart

1 = low, 3 = midpoint, 5 = high agreement in the scored direction. Higher is not automatically better. The midpoint is not the average of other people; small differences are not necessarily meaningful.

No area value is shown if fewer than 80% of its items are answered. This is a display rule for incomplete data, not a performance or health threshold.

03 / YOUR REPORT

Connecting your responses

Observations from your responses, not fixed characteristics.

Your result describes explicit agreements, communication channels, shared planning and personal preferences. It cannot identify a neurotype or autism.

Your result in words

Clear agreements: You describe a noticeable tendency towards explicitly clarifying expectations, meanings and firm commitments. This pattern stands out in your responses; it is not a comparison with other people.

Choosing communication formats: You describe a noticeable tendency towards choosing communication channels and explanatory aids to suit the topic and other person. This pattern stands out in your responses; it is not a comparison with other people.

Choosing communication formats: take a closer look

The average combines different responses. These two items show why one number alone does not capture your whole perspective:

Item 13: I also consider other people's communication preferences. | Mostly not true

Item 19: I use a sketch or list when it helps my explanation. | True for me

Consider a possible everyday situation

Compare a message with a brief conversation for an ordinary topic.

04 / YOUR REPORT

Clear agreements

Trace your responses and connect them with everyday situations.

This describes your preference for explicitly stated agreements.

Your response value **4.0 / 5**



1 6 / 6 answered 5

What this means in practice

You describe a noticeable tendency towards explicitly clarifying expectations, meanings and firm commitments. This pattern stands out in your responses; it is not a comparison with other people.

Scale direction: less agreement with these statements / more agreement with these statements.

Two concrete responses

Item 11: I clarify when a task counts as finished.

Your response: Partly true

Item 15: I ask when a phrase could have several meanings.

Your response: True for me

A prompt for further reflection

Clarify one practical point that is still open in a shared task.

When does this fit me - and when does it not?

05 / YOUR REPORT

Choosing communication formats

Trace your responses and connect them with everyday situations.

This concerns preferences for spoken, written and shared interaction.

Your response value **3.7 / 5**



1 6 / 6 answered 5

What this means in practice

You describe a noticeable tendency towards choosing communication channels and explanatory aids to suit the topic and other person. This pattern stands out in your responses; it is not a comparison with other people.

Your individual responses differ substantially. The interpretation describes their average direction only; it does not apply to every statement. The following responses show both sides.

Scale direction: less agreement with these statements / more agreement with these statements.

Two concrete responses

Item 13: I also consider other people's communication preferences.

Your response: Mostly not true

Item 19: I use a sketch or list when it helps my explanation.

Your response: True for me

A prompt for further reflection

Compare a message with a brief conversation for an ordinary topic.

When does this fit me - and when does it not?

06 / YOUR REPORT

Planning together

Trace your responses and connect them with everyday situations.

This area describes personal habits around shared plans.

Your response value **4.3 / 5**

1 6 / 6 answered 5

What this means in practice

You describe a noticeable tendency towards coordinating shared steps, responsibilities and changes with everyone involved. This pattern stands out in your responses; it is not a comparison with other people.

Scale direction: less agreement with these statements / more agreement with these statements.

Two concrete responses

Item 20: I ask before making a decision for others.

Your response: Partly true

Item 16: I agree how changes will be communicated.

Your response: True for me

A prompt for further reflection

For one plan, agree on one fixed part and one deliberately open part.

When does this fit me - and when does it not?

07 / YOUR REPORT

Sharing preferences

Trace your responses and connect them with everyday situations.

This concerns communicating everyday preferences, not identifying a neurotype.

Your response value **3.2 / 5**



1 6 / 6 answered 5

What this means in practice

Your result does not show a clear direction for communicating preferences about surroundings, breaks and the explanations you need. Check individual responses: partial agreement and opposing answers can produce the same average.

Your individual responses differ substantially. The interpretation describes their average direction only; it does not apply to every statement. The following responses show both sides.

Scale direction: less agreement with these statements / more agreement with these statements.

Two concrete responses

Item 4: I can say which environment I prefer for working together.

Your response: Mostly not true

Item 22: I can try a compromise as a provisional agreement.

Your response: True for me

A prompt for further reflection

Express one practical preference as a clear wish for your next shared activity.

When does this fit me - and when does it not?

08 / YOUR REPORT

Your values clearly explained

Clear agreements

Response positions are counted from 1 to 5. The sum is divided by the number of answered statements in this area.

Calculated from your actual responses

4 + 5 + 3 + 4 + 5 + 3 = 24. 24 / 6 = 4.0 / 5.

The distribution of your selected responses



The columns count your selected response positions 1 to 5 before any reverse scoring. The same average can come from very different responses.

For the wording, response averages below 2.5 are described as lower agreement, above 3.5 as higher agreement, and those between as middle agreement. These are editorial response-scale bands, not scientifically validated cutoffs. Identical averages can arise from different responses.

A profile without a ranking

We assign no population rank or fixed type. The scales describe responses to particular statements. Choose your own priorities; a high or low value does not require change.

09 / YOUR REPORT

Your own next step

An optional everyday idea, without a performance target.

1

Today: note one situation

Starting point: Choosing communication formats. Choose a response in this area and note when it last fitted. A counterexample is just as useful.

2

This week: explore a perspective

Compare a message with a brief conversation for an ordinary topic.

3

Afterwards: decide for yourself

What fits you and what does not? Record one insight and decide whether to keep anything. You do not need a higher score or another purchase.

My situation and what matters to me:

My optional idea and a suitable time:

What I would like to take from this:

10 / YOUR REPORT

Method and limitations

What the report is based on

Original everyday reflection. Values summarise only your responses. There are no clinical thresholds, population norms, disease assessments or fixed personality types. Greater agreement is not automatically better.

Your responses are summarised according to the fixed rules explained here. Examples refer to the item numbers shown. No automated detection or assessment of a medical condition takes place.

Keeping the limitations in mind

Screening and self-reflection do not replace a medical or psychological assessment. Original reflection questions are not clinically validated. Each test page explains its method and limitations.

A profile does not cover every aspect of a person. It is a snapshot of your responses. Important relationship, career or other life decisions should not depend on it alone.

If you would like support

If symptoms are affecting you, seek support from a qualified health professional. In immediate danger, contact your local emergency services or nearest emergency department. Help information is available without an email address or payment.

Open general support information

Questionnaire version: 2026-10-29.26 | Report format: 2026-10-29.28

APPENDIX / YOUR REPORT

Your responses in full

Every scored response remains traceable. Skipped items are explicitly identified.

1 **I like expectations to be discussed explicitly.**
Clear agreements | Mostly true

2 **I choose a communication format to suit the topic.**
Choosing communication formats | Partly true

3 **I discuss the main steps of shared plans.**
Planning together | True for me

4 **I can say which environment I prefer for working together.**
Sharing preferences | Mostly not true

5 **I ask for a concrete example of a request.**
Clear agreements | True for me

6 **I like written information I can return to later.**
Choosing communication formats | True for me

7 **I ask which parts of a plan matter most to others.**
Planning together | Mostly true

8 **I prefer discussing some topics directly rather than by message.**
Choosing communication formats | Mostly true

9 **I divide tasks according to the available circumstances.**
Planning together | True for me

10 **I say when I would like a short break in a shared activity.**
Sharing preferences | Partly true

11 **I clarify when a task counts as finished.**
Clear agreements | Partly true

12 **I distinguish a firm commitment from a suggestion.**
Clear agreements | Mostly true

13 **I also consider other people's communication preferences.**
Choosing communication formats | Mostly not true

14 **I ask about options when a process does not suit me.**
Sharing preferences | Mostly true

Your responses in full / CONTINUED

15 **I ask when a phrase could have several meanings.**
Clear agreements | True for me

16 **I agree how changes will be communicated.**
Planning together | True for me

17 **I respect different preferences for personal space at gatherings.**
Sharing preferences | Partly true

18 **I say how much detail I currently need in an explanation.**
Sharing preferences | Mostly not true

19 **I use a sketch or list when it helps my explanation.**
Choosing communication formats | True for me

20 **I ask before making a decision for others.**
Planning together | Partly true

21 **I check whether everyone involved has the same information.**
Planning together | Mostly true

22 **I can try a compromise as a provisional agreement.**
Sharing preferences | True for me

23 **I leave room for a later reply to messages.**
Choosing communication formats | Partly true

24 **I ask whether my explanation was clear to others.**
Clear agreements | Partly true