YOUR ANSWERS. YOUR PERSPECTIVE.

Sensitivity

Personal everyday reflection

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

ANSWERED: 20 / 20 | 4 PROFILE AREAS

1

Quiet surroundings

You describe a noticeable tendency towards preferring quiet, uncluttered places and time without background media. This pattern stands out in your responses; it is not a comparison with other people.

2

Noticing details

You describe a noticeable tendency towards paying deliberate attention to light, materials, smells and small details. 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

Noticing details: Scored responses range from 2 to 5/5 (items 13 & 19).

Your first small step

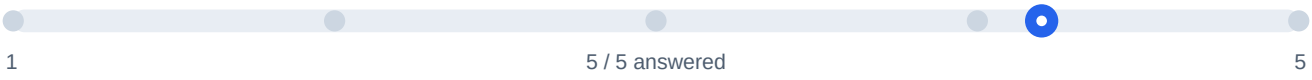
Note three details you notice today in a familiar place.

02 / YOUR REPORT

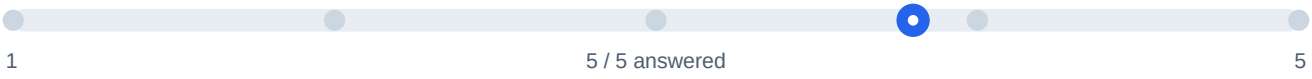
Your profile at a glance

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

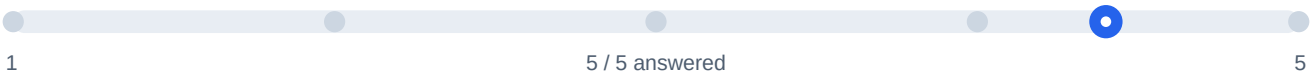
Quiet surroundings 4.2 / 5



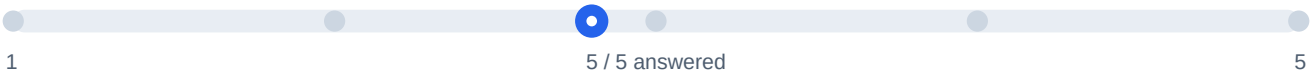
Noticing details 3.8 / 5



Lively company 4.4 / 5



Shaping your own rhythm 2.8 / 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.

You can see whether quiet, sensory details, lively interaction or self-chosen breaks stand out. This does not establish special sensory ability or a high-sensitivity diagnosis.

Your result in words

Quiet surroundings: You describe a noticeable tendency towards preferring quiet, uncluttered places and time without background media. This pattern stands out in your responses; it is not a comparison with other people.

Noticing details: You describe a noticeable tendency towards paying deliberate attention to light, materials, smells and small details. This pattern stands out in your responses; it is not a comparison with other people.

Noticing details: 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 notice changes in background sound. | Mostly not true

Item 19: I like discovering small details on walks. | True for me

Consider a possible everyday situation

Note three details you notice today in a familiar place.

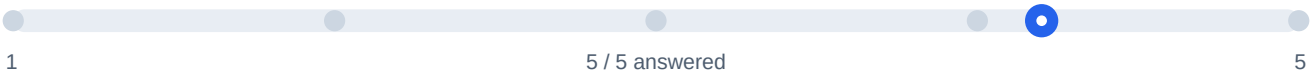
04 / YOUR REPORT

Quiet surroundings

Trace your responses and connect them with everyday situations.

This describes your preference for uncluttered and quiet surroundings.

Your response value **4.2 / 5**



What this means in practice

You describe a noticeable tendency towards preferring quiet, uncluttered places and time without background media. 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 12: I enjoy uncluttered rooms.

Your response: Partly true

Item 20: I enjoy time without media playing.

Your response: True for me

A prompt for further reflection

Compare a quiet place with a lively one without judging either as better.

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

05 / YOUR REPORT

Noticing details

Trace your responses and connect them with everyday situations.

This concerns attention to everyday sensory details, not a special ability.

Your response value **3.8 / 5**



1 5 / 5 answered 5

What this means in practice

You describe a noticeable tendency towards paying deliberate attention to light, materials, smells and small details. 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 notice changes in background sound.

Your response: Mostly not true

Item 19: I like discovering small details on walks.

Your response: True for me

A prompt for further reflection

Note three details you notice today in a familiar place.

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

06 / YOUR REPORT

Lively company

Trace your responses and connect them with everyday situations.

This area describes your preference for lively social situations.

Your response value **4.4 / 5**

1 5 / 5 answered 5

What this means in practice

You describe a noticeable tendency towards enjoying lively groups, busy places and spontaneous encounters. 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 18: I like spontaneous everyday encounters.

Your response: Partly true

Item 17: I enjoy alternating between listening and speaking.

Your response: True for me

A prompt for further reflection

Think of an encounter whose pace you enjoyed. What suited you?

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

07 / YOUR REPORT

Shaping your own rhythm

Trace your responses and connect them with everyday situations.

This concerns choosing quiet and activity according to your preferences.

Your response value **2.8 / 5**



What this means in practice

Your result does not show a clear direction for choosing your own quiet time, length of visits and opportunities for breaks. Check individual responses: partial agreement and opposing answers can produce the same average.

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

Two concrete responses

Item 4: I leave some unplanned time after events.

Your response: Mostly not true

Item 8: I deliberately alternate quiet and lively activities.

Your response: Mostly true

A prompt for further reflection

Include an optional break in an outing and see whether you want to use it.

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

08 / YOUR REPORT

Your values clearly explained

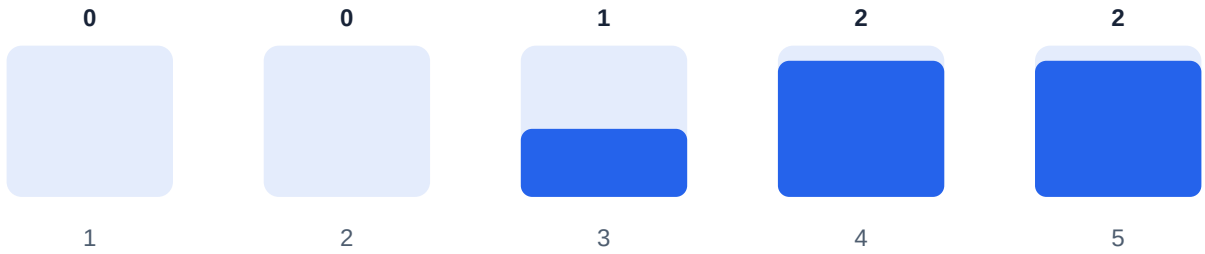
Quiet surroundings

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 = 21. 21 / 5 = 4.2 / 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: Noticing details. Choose a response in this area and note when it last fitted. A counterexample is just as useful.

2

This week: explore a perspective

Note three details you notice today in a familiar place.

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 a quiet place for reading.**	Quiet surroundings | Mostly true
2	**I pay attention to a room's lighting.**	Noticing details | Partly true
3	**I enjoy lively group conversations.**	Lively company | True for me
4	**I leave some unplanned time after events.**	Shaping your own rhythm | Mostly not true
5	**I enjoy feeling different materials.**	Noticing details | True for me
6	**I decide how long I stay at a gathering.**	Shaping your own rhythm | Partly true
7	**I like rooms with few sounds happening at once.**	Quiet surroundings | True for me
8	**I deliberately alternate quiet and lively activities.**	Shaping your own rhythm | Mostly true
9	**I pay attention to smells while cooking.**	Noticing details | Mostly true
10	**I sometimes deliberately visit a busy place.**	Lively company | Mostly true
11	**I say what setting I would prefer for a meeting.**	Shaping your own rhythm | Partly true
12	**I enjoy uncluttered rooms.**	Quiet surroundings | Partly true
13	**I notice changes in background sound.**	Noticing details | Mostly not true
14	**I enjoy shared activities involving movement.**	Lively company | True for me

Your responses in full / CONTINUED

15	**I leave room for a break during long outings.** Shaping your own rhythm | Mostly not true
16	**I like shopping at quieter times.** Quiet surroundings | Mostly true
17	**I enjoy alternating between listening and speaking.** Lively company | True for me
18	**I like spontaneous everyday encounters.** Lively company | Partly true
19	**I like discovering small details on walks.** Noticing details | True for me
20	**I enjoy time without media playing.** Quiet surroundings | True for me