

# Interoceptive Awareness (MAIA)

Neurodevelopmental Screening Report

112

/ 160

Score

70%






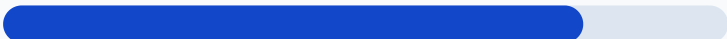


Percentage

## Good Interoceptive Awareness

### Result

You demonstrate solid body awareness across most dimensions. You can notice, attend to, and respond to your body's signals in helpful ways. This is a valuable resource for

## Category Breakdown

Category	Distribution	Pts
Noticing		18
Not distracting		14
Not worrying		12
Attention regulation		16
Emotional awareness		20
Self regulation		16
Body listening		8
Trusting		8

## Your Responses

Each answer contributed to your score.

#	Question	Your answer	Pts
1	When I am tense, I notice where the tension is located in my body. <input type="text" value="noticing"/>	Very often	4
2	I notice when I am uncomfortable in my body. <input type="text" value="noticing"/>	Often	3
3	I notice when I am comfortable in my body. <input type="text" value="noticing"/>	Often	3
4	I notice changes in my breathing, such as whether it slows down or speeds up. <input type="text" value="noticing"/>	Very often	4
5	I notice body sensations only when they are very intense. <input type="text" value="not_distracting"/>	Often	2
6	I do not notice bodily sensations of discomfort. <input type="text" value="not_distracting"/>	Often	2
7	When I feel pain or discomfort, I try to push it away. <input type="text" value="not_distracting"/>	Very often	1
8	When I feel physical pain, I become upset. <input type="text" value="not_worrying"/>	Very often	1
9	When I notice an uncomfortable body sensation, I worry that something is wrong. <input type="text" value="not_worrying"/>	Often	2
10	I can notice an unpleasant body sensation without worrying about it. <input type="text" value="not_worrying"/>	Very often	4
11	I can pay attention to my breathing without being distracted by things happening around me. <input type="text" value="attention_regulation"/>	Often	3
12	I can maintain awareness of my inner bodily sensations even when there is a lot going on around me.	Often	3

#	Question	Your answer	Pts
	<a href="#">attention_regulation</a>		
1 3	When I am in conversation with someone, I can pay attention to my posture. <a href="#">attention_regulation</a>	Very often	4
1 4	I can return my attention to my body if I am distracted. <a href="#">attention_regulation</a>	Often	3
1 5	I can refocus my attention from thinking to sensing my body. <a href="#">attention_regulation</a>	Often	3
1 6	I can maintain awareness of my whole body even if a part of me is in pain or discomfort. <a href="#">attention_regulation</a>	Often	3
1 7	I am able to consciously focus on my body as a whole. <a href="#">attention_regulation</a>	Very often	4
1 8	I notice how my body changes when I am angry. <a href="#">emotional_awareness</a>	Often	3
1 9	When something is wrong in my life, I can feel it in my body. <a href="#">emotional_awareness</a>	Very often	4
2 0	I notice that my body feels different after a peaceful experience. <a href="#">emotional_awareness</a>	Very often	4
2 1	I notice that my breathing becomes free and easy when I feel comfortable. <a href="#">emotional_awareness</a>	Often	3
2 2	I notice how my body changes when I feel happy/joyful. <a href="#">emotional_awareness</a>	Often	3
2 3	When I feel overwhelmed, I can find a calm place inside myself. <a href="#">self_regulation</a>	Often	3
2	When I bring my attention to my body, I feel a sense of calm.	Very often	4

#	Question	Your answer	Pts
4	self_regulation		
2 5	I can use my breathing to reduce tension. self_regulation	Very often	4
2 6	When I am caught up in thoughts, I can calm my mind by focusing on my body/breathing. self_regulation	Very often	4
2 7	I listen to my body to inform me about my emotional state. body_listening	Often	3
2 8	When I am upset, I take time to explore how my body feels. body_listening	Very often	4
2 9	I listen to my body to inform me about what to do. body_listening	Often	3
3 0	I feel at home in my body. trusting	Very often	4
3 1	I feel my body is a safe place. trusting	Very often	4
3 2	I trust my body sensations. trusting	Very often	4



**AI Interpretation by Claude (Anthropic)**

claude-sonnet-4-20250514

Thank you for taking the time to complete this interoceptive awareness screening. Your results show that you have good interoceptive awareness, which means you're generally attuned to the signals your body sends you throughout the day. This is a valuable strength that many people work to develop, and it's wonderful that you already have this foundation to build upon.

Your overall score of 70% indicates that you have a solid connection with your body's internal sensations and can

recognize many of the subtle messages it communicates. You show particular strength in noticing bodily sensations and connecting them to your emotional experiences, which suggests you have developed some meaningful mind-body awareness skills. While some areas like body listening and trusting your bodily sensations scored lower, this simply represents opportunities for growth rather than concerns. Everyone has unique patterns in how they relate to their body's signals, and your profile reflects the natural variations that exist in this important area.

Consider incorporating brief mindful breathing exercises into your daily routine, perhaps spending just five minutes each morning paying gentle attention to your breath and any sensations that arise. You might also explore practices like progressive muscle relaxation or body scan meditations, which can help strengthen your ability to tune into and trust your body's wisdom. Additionally, when you notice physical sensations throughout your day, try pausing momentarily to acknowledge them with curiosity rather than judgment, allowing yourself to become more comfortable with your body's natural communication style.

Remember that this screening tool provides helpful insights but represents just one snapshot of your interoceptive awareness journey. A qualified healthcare professional, such as a counselor specializing in mindfulness-based approaches or somatic therapies, can offer personalized guidance to help you further develop this important skill. Your good foundation in interoceptive awareness is something to celebrate, and with continued attention and possibly professional support, you can continue nurturing this valuable connection between your mind and body.

## Recommendations

Maintain and deepen your practice. Explore advanced body-mind practices: somatic experiencing, tai chi, or body-based psychotherapy. Share this skill with others — teaching body awareness amplifies your own.

### Important Notice

This report is a screening tool only and does not constitute a medical or psychological diagnosis.

**This test does not replace a professional evaluation. For a reliable diagnosis, please consult a neuropsychologist, psychiatrist, or qualified healthcare professional.**