

BRAVERMAN NATURE ASSESSMENT QUESTIONNAIRE

from *The Edge Effect* by Eric R. Braverman, M.D.

PART I: DETERMINING YOUR DOMINANT NATURE

Instructions: Answer each question by writing either **T** for true or **F** for false. At the end of each group, record only the total number of true statements in the space provided. Answer the questions in terms of how you feel most of the time. For example, if you've had a bad night's sleep and feel tired today, answer the questions that pertain to your energy levels based on how you feel on a more average day.

1A

Memory and Attention

	True	False
I find it easy to process my thoughts.	_____	_____
I concentrate effectively.	_____	_____
I am a deep thinker.	_____	_____
I become distracted because I do so many tasks at once.	_____	_____
I enjoy intense debate.	_____	_____
I have a good imagination.	_____	_____
I tend to criticize and analyze my thoughts.	_____	_____

Physical

I have a lot of energy most of the time.	_____	_____
My blood pressure is often elevated.	_____	_____
Sometimes in my life I have had episodes of extreme energy.	_____	_____
I have insomnia.	_____	_____
I find exercising invigorating.	_____	_____
I don't ordinarily need coffee to jump-start me in the morning.	_____	_____
My veins are visible and tend to look as though they might pop out of my skin.	_____	_____
I tend to have a high body temperature.	_____	_____
I eat my lunch while I'm working.	_____	_____
I engage in sexual intercourse any chance I get.	_____	_____
I have a temper.	_____	_____
I eat only to reenergize my body.	_____	_____
I love action movies.	_____	_____
Exercising makes me feel powerful	_____	_____

Personality

I am a very domineering individual.	_____	_____
I sometimes don't notice my feelings.	_____	_____
I often have trouble listening to others because my own ideas dominate.	_____	_____
I have been in many physical altercations.	_____	_____
I tend to be future-oriented.	_____	_____

I am sometimes speculative.	_____	_____
Most people view me as thinking-oriented.	_____	_____
I daydream and often fantasize.	_____	_____
I like to read history and other nonfiction books.	_____	_____
I admire ingenuity.	_____	_____
I can be slow in identifying how people can cause trouble.	_____	_____
I don't usually get tricked by people who say they need my help.	_____	_____
Most people view me as innovative.	_____	_____
People have thought I have had some strange ideas, but I can always explain the basis for them rationally.	_____	_____
I am often agitated or irritated.	_____	_____
Little things make me anxious or upset.	_____	_____
I have fantasies of unlimited power.	_____	_____
I love spending money.	_____	_____
I dominate others in my relationships.	_____	_____
I am very hard on myself.	_____	_____
I react aggressively to criticism, often becoming defensive in front of others.	_____	_____

Character

Some individuals view me as tough-minded.	_____	_____
Most people view me as achievement-oriented.	_____	_____
Some people say that I am irrational.	_____	_____
I will do anything to reach a goal.	_____	_____
I value a religious philosophy.	_____	_____
Incompetence makes me angry.	_____	_____
I have high standards for myself and for others.	_____	_____

Total number of T responses: _____

2A

Memory and Attention

My memory is very strong.	_____	_____
I am an excellent listener.	_____	_____
I am good at remembering stories.	_____	_____
I usually do not forget a face.	_____	_____
I am very creative.	_____	_____
I have an excellent attention span and rarely miss a thing.	_____	_____
I have many good hunches.	_____	_____
I notice everything going on around me.	_____	_____
I have a good imagination.	_____	_____

Physical

I tend to have a slow pulse.	_____	_____
My body has excellent tone.	_____	_____
I have a great figure/build.	_____	_____

I have low cholesterol. _____

When I eat, I love to experience the aromas and the beauty of food. _____

I love yoga and stretching my muscles. _____

During sex I am very sensual. _____

I have had an eating disorder at some point in my life. _____

I have tried many alternative remedies. _____

Personality

I am a perpetual romantic. _____

I am in touch with my feelings. _____

I tend to make decisions based on hunches. _____

I like to speculate. _____

Some people say I have my head in the clouds. _____

I love reading fiction. _____

I have a rich fantasy life. _____

I am creative when solving people problems. _____

I am very expressive; I like to talk about what's bothering me. _____

I am buoyant. _____

I believe that it is possible to have a mystical experience. _____

I believe in being a soul mate. _____

Sometimes the mystical can excite me. _____

I tend to overreact to my body. _____

I find it easy to change; I am not set in my ways. _____

I am deeply in touch with my emotions. _____

I tend to love someone one minute and hate him or her the next. _____

I am flirtatious. _____

I don't mind spending money if it benefits my relationships. _____

I tend to fantasize when I'm having sex. _____

My relationships tend to be filled with romance. _____

I love watching romantic movies. _____

I take risks in my love life. _____

Character

I foresee a better future. _____

I am inspired to help other people. _____

I believe that all things are possible, particularly for those who are devoted. _____

I am good at creating harmony between people. _____

Charity and altruism come from the heart, and I have plenty of both. _____

Others think me of as having vision. _____

My thoughts on religion often change. _____

I am an idealist, but not a perfectionist. _____

I'm happy with someone who just treats me right. _____

Total number of T responses: _____

3A

Memory and Attention

I have a stable attention span and can follow other people's logic. _____

I enjoy reading people more than books. _____

I retain most of what I hear. _____

I can remember facts people tell me. _____

I learn from my experiences. _____

I am good at remembering names. _____

I can focus very well on tasks and people's stories. _____

Physical

I find it easy to relax. _____

I am a calm person. _____

I find it easy to fall asleep at night. _____

I tend to have high physical endurance. _____

I have low blood pressure. _____

I do not have a family history of stroke. _____

When it comes to sex, I am not very experimental. _____

I have little muscle tension. _____

Caffeine has little effect on me. _____

I take my time eating my meals. _____

I sleep well. _____

I don't have many harmful food cravings such as sugar. _____

Exercising is a regimented habit for me. _____

Personality

I am not very adventurous. _____

I don't have a temper. _____

I have a lot of patience. _____

I don't enjoy philosophy. _____

I love watching sitcoms about families. _____

I dislike movies about other worlds or universes. _____

I am not a risk taker. _____

I keep past experiences in mind before I make decisions. _____

I am a realistic person. _____

I believe in closure. _____

I like facts and details. _____

When I make a decision, it's permanent. _____

I like to plan my day, week, month, etc. _____

I collect things. _____

I am a little sad. _____

I'm afraid of confrontations and altercations. _____

I save up a lot of money in the event of a crisis. _____

I tend to create strong, lasting bonds with others. _____

I am a stable pillar in people's lives. _____

Character

- I believe in the adage “Early to bed, early to rise.” _____
- I believe in meeting deadlines. _____
- I try to please others the best I can. _____
- I am a perfectionist. _____
- I am good at maintaining long-lasting relationships. _____
- I pay attention to where my money goes. _____
- I believe that the world would be more peaceful if people would improve their morals. _____
- I am very loyal and devoted to my loved ones. _____
- I have high ethical standards that I live by. _____
- I pay close attention to laws, principles, and policies. _____
- I believe in participating in service for the community. _____

Total number of T responses: _____

4A

Memory and Attention

- I can easily concentrate on manual-labor tasks. _____
- I have a good visual memory. _____
- I am very perceptive. _____
- I am an impulsive thinker. _____
- I live in the here and now. _____
- I tend to say, “Tell me the bottom line.” _____
- I am a slow book learner, but I learn easily from experience. _____
- I need to experience something or work at it hands-on in order to understand it. _____

Physical

- I sleep too much. _____
- When it comes to sex, I am very experimental. _____
- I have low blood pressure. _____
- I am very action-oriented. _____
- I am very handy around the house. _____
- I am very active outdoors. _____
- I engage in daring activities such as skydiving and motorcycle riding. _____
- I can solve problems spontaneously. _____
- I rarely have carbohydrate cravings. _____
- I usually grab a quick meal on the run. _____
- I’m not very consistent with my exercise routine; I may exercise daily for three weeks and then skip it for a month. _____

Personality

- I live life in the immediate moment. _____
- I like to perform/entertain in public. _____
- I tend to gather facts in an unorganized manner. _____

I am very flexible.	_____	_____
I am a great negotiator.	_____	_____
I often just like to “eat, drink, and be merry.”	_____	_____
I am dramatic.	_____	_____
I am very artistic.	_____	_____
I am a good craftsman.	_____	_____
I’m a risk taker when it comes to sports.	_____	_____
I believe in psychics.	_____	_____
I can easily take advantage of others.	_____	_____
I am cynical of others’ philosophies.	_____	_____
I like to have fun.	_____	_____
My favorite types of movies are horror flicks.	_____	_____
I am fascinated with weapons.	_____	_____
I rarely stick to a plan or agenda.	_____	_____
I have trouble remaining faithful.	_____	_____
I am easily able to separate and move on when relationships with loved ones end.	_____	_____
I don’t pay much attention to how I spend my money.	_____	_____
I have many frivolous relationships.	_____	_____

Character

I always keep my options open in case something better comes up.	_____	_____
I don’t like working hard for long periods of time.	_____	_____
I believe things should have a function and purpose.	_____	_____
I am optimistic.	_____	_____
I live in the moment.	_____	_____
I pray only when I’m in need of spiritual support.	_____	_____
I don’t have particularly high morals and ethical values.	_____	_____
I do what I want, when I want to.	_____	_____
I don’t care about being perfect’ I just live my life.	_____	_____
Savings are for suckers.	_____	_____

Total number of T responses: _____

The category with the greatest number of true responses will identify your dominant nature. A classically dominant nature is typically a score of 35 and above in any one category, which suggests a less-than balanced life.

Note: When any other nature is 10-15 points lower than the dominant one, the nature with the lower score is probably a lifelong relative deficiency and needs balance even in times of good health. For example, if your score is 40 dopamine, 33 acetylcholine, 25 GABA, and 17 serotonin, you likely have long-standing relative deficiencies in both GABA and serotonin.

PART 2: DEFINING YOUR DEFICIENCIES

Instructions: Answer each question by circling either T for true or F for false. At the end of each group, record only the total number of true statements in the space provided. The second assessment will determine if you are deficient in any of the four biochemicals, including the one that governs your nature. Many of the questions relate to symptoms you might be experiencing. Answer the questions in terms of how you feel right now; it doesn't matter how long you've been experiencing these symptoms, or even if they occurred today for the first time.

1B

Memory and Attention

- | | | |
|--|-------|-------|
| I have trouble paying consistent attention and concentration. | _____ | _____ |
| I need caffeine to wake up. | _____ | _____ |
| I cannot think quickly enough. | _____ | _____ |
| I do not have a good attention span. | _____ | _____ |
| I have trouble getting through a task even when it is interesting to me. | _____ | _____ |
| I am slow in learning new ideas. | _____ | _____ |

Physical

- | | | |
|---|-------|-------|
| I crave sugar. | _____ | _____ |
| I have decreased libido. | _____ | _____ |
| I sleep too much. | _____ | _____ |
| I have a history of alcohol or addiction. | _____ | _____ |
| I have recently felt worn out for no apparent reason. | _____ | _____ |
| I sometimes experience total exhaustion without even exerting myself. | _____ | _____ |
| I have always battled weight problems. | _____ | _____ |
| I have little motivation for sexual experiences. | _____ | _____ |
| I have trouble getting out of bed in the morning. | _____ | _____ |
| I have had a craving for cocaine, amphetamines, or Ecstasy. | _____ | _____ |

Personality

- | | | |
|--------------------------------------|-------|-------|
| I feel fine just following others. | _____ | _____ |
| People seem to take advantage of me. | _____ | _____ |
| I am feeling very down or depressed. | _____ | _____ |
| People have told me I am too mellow. | _____ | _____ |
| I have little urgency. | _____ | _____ |
| I let people criticize me. | _____ | _____ |
| I always look to others to lead me. | _____ | _____ |

Character

- | | | |
|----------------------------------|-------|-------|
| I have lost my reasoning skills. | _____ | _____ |
| I can't make good decisions. | _____ | _____ |

Total number of T responses: _____

2B

Memory and Attention

- I lack imagination. _____
- I have difficulty remembering names when I first meet people. _____
- I have noticed that my memory ability is decreasing. _____
- My significant other tells me I don't have romantic thoughts. _____
- I can't remember my friends' birthdays. _____
- I have lost some of my creativity. _____

Physical

- I have insomnia. _____
- I have lost muscle tone. _____
- I don't exercise anymore. _____
- I crave fatty foods. _____
- I have experimented with hallucinogens or other illicit drugs. _____
- I feel like my body is falling apart. _____
- I can't breathe easily. _____

Personality

- I don't feel joy very often. _____
- I feel despair. _____
- I protect myself from being hurt by others by never telling much about myself. _____
- I find it more comfortable to do things alone rather than in a large group. _____
- Other people get angrier about bothersome things than I do. _____
- I give in easily and tend to be submissive. _____
- I rarely feel passionate about anything. _____
- I like routine. _____

Character

- I don't care about anyone's stories but mine. _____
- I don't pay attention to people's feelings. _____
- I don't feel buoyant. _____
- I'm obsessed with my deficiencies. _____

Total number of T responses: _____

3B

Memory and Attention

- I find it difficult to concentrate because I'm nervous and jumpy. _____
- I can't remember phone numbers. _____
- I have trouble finding the right word. _____
- I have trouble remembering things when I am put on the spot. _____
- I know I am intelligent, but is hard to show others. _____
- My ability to focus come and goes. _____
- When I read, I find I have to go back over the same paragraph a few times to absorb the information. _____
- I am a quick thinker but can't always say what I mean. _____

Physical

- I feel shaky. _____
- I sometimes tremble. _____
- I have frequent backaches and/or headaches. _____
- I tend to have shortness of breath. _____
- I tend to have heart palpitations. _____
- I tend to have cold hands. _____
- I sometimes sweat too much. _____
- I am sometimes dizzy. _____
- I often have muscle tension. _____
- I tend to get butterflies in my stomach. _____
- I crave bitter foods. _____
- I am often nervous. _____
- I like yoga because it helps me to relax. _____
- I often feel fatigued even hen I have had a good night's sleep. _____
- I overeat. _____

Personality

- I have mood swings. _____
- I enjoy doing many things at one time, but I find it difficult to decide what to do first. _____
- I tend to do things just because I think they'd be fun. _____
- When things are dull, I always try to introduce some excitement. _____
- I tend to be fickle, changing my mood and thoughts frequently. _____
- I tend to get overly excited about things. _____
- My impulses tend to get me into a lot of trouble. _____
- I tend to be theatrical and draw attention to myself. _____
- I speak my mind no matter what the reaction of others may be. _____
- I sometimes have fits of rage and then feel terribly guilty. _____
- I often tell lies to get out of trouble. _____

Character

- I don't play by the rules anymore. _____
- I have lost many friends. _____

I can't sustain romantic relationships. _____
I consider the law arbitrary and without reason. _____
I now consider rules that I used to follow ridiculous. _____

Total number of T responses: _____

4B

Memory and Attention

I am not very perceptive. _____
I can't remember things that I have seen in the past. _____
I have a slow reactions time. _____
I have a poor sense of direction. _____

Physical

I have night sweats. _____
I have insomnia. _____
I tend to sleep in many different positions in order to feel comfortable. _____
I always awake early in the morning. _____
I can't relax. _____
I wake up at least two times per night. _____
It is difficult for me to fall back asleep when I am awakened. _____
I crave salt. _____
I have less energy to exercise. _____
I am sad. _____

Personality

I have chronic anxiety. _____
I am easily irritated. _____
I have thoughts of self-destruction. _____
I have had suicidal thoughts in my life. _____
I tend to dwell on ideas too much. _____
I am sometimes so structured that I become inflexible. _____
My imagination takes over. _____
Fear grips me. _____

Character

I can't stop thinking about the meaning of life. _____
I no longer want to take risks. _____
The lack of meaning in my life is painful to me. _____

Total number of T responses: _____

Circle the highest number. This is your most deficient nature, the one that is most likely to lead to illness.

PART ONE Results:

- 1A. Total number of T responses: dopamine nature _____
- 2A. Total number of T responses: acetylcholine nature _____
- 3A. Total number of T responses: GABA nature _____
- 4A. Total number of T responses: serotonin nature _____

PART TWO Results:

- 1B. Total number of T responses: dopamine nature _____
- 2B. Total number of T responses: acetylcholine nature _____
- 3B. Total number of T responses: GABA nature _____
- 4B. Total number of T responses: serotonin nature _____

Name _____

Date _____