

The Braverman Nature Assessment

Part One: Determining Your Dominant Nature

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. 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

1. I find it easy to process my thoughts. T / F
2. I concentrate effectively. T / F
3. I am a deep thinker. T/F
4. I am a quick thinker. T/F
5. I become distracted because I do so many tasks at once. T/F
6. I enjoy intense debate. T/F
7. I have a good imagination. T/F
8. I tend to criticize and analyze my thoughts. T/F

Physical

9. I have a lot of energy most of the time. T / F
10. My blood pressure is often elevated. T / F
11. Sometimes in my life I have had episodes of extreme energy. T / F
12. I have insomnia. T / F
13. I find exercising invigorating. T/F
14. I don't ordinarily need coffee to jump start me in the morning. T/F
15. My veins are visible and tend to 'pop out of my skin'. T/F
16. I tend to have a high body temperature. T/F
17. I eat my lunch while I'm working. T/F
18. I engage in sexual intercourse any chance I can get. T/F
19. I have a temper. T/F
20. I eat only to re-energize my body. T/F
21. I love action movies. T/F
22. Exercising makes me feel powerful. T/F

Personality

23. I am a very domineering individual. T / F
24. I sometimes don't notice my feelings. T / F
25. I have trouble sometimes listening to others because my own ideas dominate. T / F
26. I have been in many physical altercations. T / F
27. I tend to be future oriented. T / F
28. I am sometimes speculative. T/F
29. Most people view me as thinking oriented. T / F
30. I daydream and often fantasize. T / F
31. I like to read non-fiction and factual history. T/F
32. I admire ingenuity. T / F
33. I can be slow in identifying how people can cause trouble. T / F
34. I don't usually get tricked by people who say they need my help. T / F
35. Most people view me as innovative. T / F

36. People have thought I have had some strange ideas, but I can always explain the basis for them rationally. T / F
37. I am often agitated or irritated. T / F
38. Little things make me anxious or upset. T / F
39. I have fantasies of unlimited power. T / F
40. I love spending money. T/F
41. I dominate others in my relationships. T/F
42. I am very hard on myself. T/F
43. I react aggressively to criticism, often becoming defensive in front of others. T/F

Character

44. Some individuals view me as tough-minded. T / F
45. Most people view me as achievement oriented. T / F
46. Some people say that I am irrational. T/F
47. I will do anything to reach a goal. T/F
48. I value a religious philosophy. T/F
49. Incompetence makes me angry. T/F
50. I have high standards for myself and for others. T/F

Total # of 'T' responses: _____

2A.

Memory and Attention

1. My memory is very strong. T / F
2. I am an excellent listener. T / F
3. I am good at remembering stories. T/F
4. I usually do not forget a face. T / F
5. I am very creative. T/F
6. I have an excellent attention span and rarely miss a thing. T/F
7. I have many good "hunches". T/F
8. I notice everything going on around me. T/F
9. I have a good imagination. T/F

Physical

10. I tend to have a slow pulse. T / F
11. My body has excellent tone. T / F
12. I have a great figure/build. T / F
13. I have low cholesterol. T/F
14. When I eat, I love to experience the aromas and the beauty of food. T/F
15. I love yoga and stretching my muscles. T/F
16. During sex I am very sensual. T/F
17. I have had an eating disorder at some point in my life. T/F
18. I have tried many alternative remedies. T/F

Personality

19. I am a perpetual romantic. T / F
20. I am in touch with my feelings. T/F
21. I tend to make decisions based on hunches. T / F
22. I like to speculate. T / F
23. Some people say I have my head in the clouds. T / F
24. I love reading fiction. T / F

25. I have a rich fantasy life. T / F
26. I am creative when solving people problems. T / F
27. I am very expressive; I like to talk about what's bothering me. T / F
28. I am buoyant. T / F
29. I believe that it is possible to have a mystical experience. T / F
30. I believe in being a soul mate. T / F
31. Sometimes the mystical can excite me. T / F
32. I tend to overreact to my body. T / F
33. I find it easy to change; I am not set in my ways. T / F
34. I am deeply in touch with my emotions. T / F
35. I tend to love someone one minute and hate him or her the next. T / F
36. I am flirtatious. T / F
37. I don't mind spending money if it benefits my relationships. T / F
38. I tend to fantasize when I'm having sex. T/F
39. My relationships tend to be filled with romance. T/F
40. I love watching romantic movies. T/F
41. I take risks in my love life. T/F

Character

42. I foresee a better future. T / F
43. I am inspired to help other people. T / F
44. I believe that all things are possible particularly for those who are devoted. T / F
45. I am good at creating harmony between people. T / F
46. Charity and altruism come from the heart, and I have plenty of both. T / F
47. I am thought of by others as having vision. T / F
48. My thoughts on religion often change. T/F
49. I am an idealist, but not a perfectionist. T/F
50. I'm happy with someone who just treats me right. T/F

Total # of 'T' responses:_____

3A.

Memory and Attention

1. I have a stable attention span and can follow other people's logic. T/F
2. I enjoy reading people more than books. T/F
3. I retain most of what I hear. T/F
4. I can remember facts people tell me. T/F
5. I learn from my experiences. T/F
6. I am good at remembering names. T / F
7. I can focus very well on tasks and people's stories. T/F

Physical

8. I find it easy to relax. T / F
9. I am a calm person. T/F
10. I find it easy to fall asleep at night. T / F
11. I tend to have high physical endurance. T / F
12. I have low blood pressure. T / F
13. I do not have a family history of stroke. T / F
14. When it comes to sex, I am not very experimental. T/F
15. I have little muscle tension. T/F
16. Caffeine has little effect on me. T/F

17. I take my time eating my meals. T/F
18. I sleep well. T/F
19. I don't have many harmful food cravings such as sugar. T/F
20. Exercising is a regimented habit for me. T/F

Personality

21. I am not very adventurous. T / F
22. I do not have a temper. T / F
23. I have a lot of patience. T / F
24. I don't enjoy philosophy. T / F
25. I love watching sitcoms about real families. T/F
26. I dislike movies about other worlds or universes. T/F
27. I am not a risk-taker. T/F
28. I keep past experiences in mind before I make decisions. T / F
29. I am a realistic person. T / F
30. I believe in closure. T / F
31. I like facts and details. T / F
32. When I make a decision, it's permanent. T / F
33. I like to plan my day, week, month, etc. T / F
34. I collect things. T / F
35. I am a little sad. T / F
36. I'm afraid of confrontations and altercations. T/F
37. I save up a lot of money in the event of a crisis. T/F
38. I tend to create strong, lasting bonds with others. T/F
39. I am a stable pillar in people's lives. T/F

Character

40. I believe in early to bed early to rise. T / F
41. I believe in meeting deadlines. T / F
42. I try to please others the best I can. T / F
43. I am a perfectionist. T / F
44. I am good at maintaining long lasting relationships. T / F
45. I pay attention to where my money goes. T / F
46. I believe that the world would be more peaceful if people would improve their morals. T / F
47. I am very loyal, and devoted to my loved ones. T / F
48. I have high ethical standards that I live by. T / F
49. I pay close attention to laws, principles and policies. T/F
50. I believe in participating in service for the community. T/F

Total # of 'T' responses: _____

4A.

Memory and Attention

1. I can easily concentrate on manual labor tasks. T / F
2. I have a good visual memory. T / F
3. I am very perceptive. T/F
4. I am an impulsive thinker. T/F
5. I live in the 'here and now'. T/F
6. I tend to say "Tell me the bottom line." T/F
7. I am a slow book learner but I learn from experience. T/F

8. I need to experience something or work at it "hands on" in order to understand it.
T/F

Physical

- 9. I sleep too much. T / F
- 10. When it comes to sex, I am very experimental. T/F
- 11. I have low blood pressure. T/F
- 12. I am very action-oriented. T/F
- 13. I am very handy around the house. T/F
- 14. I am very active outdoors. T/F
- 15. I engage in daring activity such as skydiving, motorcycle riding, etc. T/F
- 16. I can solve problems spontaneously. T / F
- 17. I rarely have carbohydrate cravings. T/F
- 18. I usually grab a quick meal on the run. T/F
- 19. I'm not very consistent with my exercise routine; I may exercise daily for three weeks and then forget all about it for a month. T/F

Personality

- 20. I live life in the immediate moment. T / F
- 21. I like to perform/entertain in public. T / F
- 22. I tend to gather facts in an unorganized manner. T / F
- 23. I am very flexible. T / F
- 24. I am a great negotiator. T / F
- 25. I often just like to "eat, drink, and be merry." T / F
- 26. I am dramatic. T / F
- 27. I am very artistic. T / F
- 28. I am a good craftsman. T / F
- 29. I'm a risk-taker when it comes to sports. T/F
- 30. I believe in psychics. T/F
- 31. I can easily take advantage of others. T / F
- 32. I am cynical of other's philosophies. T/F
- 33. I like to have fun. T/F
- 34. My favorite type of movies are horror flicks. T/F
- 35. I am fascinated with weapons. T/F
- 36. I rarely stick to a plan or agenda. T/F
- 37. I have trouble remaining faithful. T/F
- 38. I am easily able to separate and move on when relationships with loved ones end. T/F
- 39. I don't pay much attention to how I spend my money. T/F
- 40. I have many frivolous relationships. T/F

Character

- 41. I always keep my options open in case something better comes up. T / F
- 42. I don't like working hard for long periods of time. T / F
- 43. I believe things should have a function and purpose. T / F
- 44. I am optimistic. T/F
- 45. I live in the moment. T/F
- 46. I pray only when I'm in need of spiritual support. T/F
- 47. I don't have particularly high morals and ethical values. T/F
- 48. I do what I want, when I want to. T/F
- 49. I don't care about being perfect, I just live my life. T/F
- 50. Savings are for suckers. T/F

Total # of 'T' responses: _____

Results

- 1A. Total "T" Responses: Dopamine Nature ____
- 2A. Total "T" Responses: Acetylcholine Nature ____
- 3A. Total "T" Responses: GABA Nature ____
- 4A. Total "T" Responses: Serotonin Nature ____

Scoring Your Braverman Nature Assessment™

The category with the most 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. When any other nature(s) is 10-15 points lower, ie. a score reading 40 Dopamine, 33 Acetylcholine, 25 GABA, and 17 Serotonin, it would appear that GABA and Serotonin are life long relative deficiencies needing balance even in times of good health.

Part Two: 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, even if they occurred today for the first time.

You will refer to this sheet in subsequent chapters to classify physical symptoms and select treatment alternatives that address your nature and restore your natural wellbeing.

1B.

Memory and Attention

- 1. I have trouble paying consistent attention and concentrating. T / F
- 2. I need caffeine to wake up. T/F
- 3. I cannot think quickly enough. T/F
- 4. I do not have a good attention span. T/F
- 5. I have trouble getting through a task even when it is interesting to me. T / F
- 6. I am slow in learning new ideas. T/F

Physical

- 7. I crave sugar. T / F
- 8. I have decreased libido. T / F
- 9. I sleep too much. T / F
- 10. I have a history of alcohol or addiction. T / F
- 11. I have recently felt worn out for no apparent reason. T / F
- 12. I sometimes experience total exhaustion without even exerting myself. T / F
- 13. I have always battled weight problems. T / F
- 14. I have little motivation for sexual experiences. T / F
- 15. I have trouble getting out of bed in the morning. T/F
- 16. I have had a craving for cocaine, amphetamines, or Ecstasy.

Personality

17. I feel fine just following others. T / F
18. People seem to take advantage of me. T / F
19. I am feeling very down or depressed. T/F
20. People have told me I am too mellow. T/F
21. I have little urgency. T/F
22. I let people criticize me. T/F
23. I always look to others to lead me. T / F

Character

24. I have lost my reasoning skills. T/F
25. I can't make good decisions. T/F

Total # of 'T' responses:_____

2B.

Memory and Attention

1. I lack imagination. T/F
2. I have difficulty remembering names when I first meet people. T/F
3. I have noticed my memory ability is decreasing. T/F
4. My significant other tells me I don't have romantic thoughts. T/F
5. I can't remember my friends birthdays. T/F
6. I have lost some of my creativity. T/F

Physical

7. I have insomnia. T / F
8. I have lost muscle tone. T / F
9. I don't exercise any more. T/F
10. I crave fatty foods. T / F
11. I have experimented with hallucinogenics, LSD, or other illicit drugs. T/F
12. I feel like my body is falling apart. T/F
13. I can't breathe easily. T/F

Personality

14. I don't feel joy very often. T / F
15. I feel despair. T / F
16. I protect myself from being hurt by others by never telling much about myself. T / F
17. I find it more comfortable to do things alone rather than in a large group. T / F
18. Other people get angrier about bothersome things than I do. T / F
19. I give in easily and tend to be submissive. T / F
20. I rarely feel passionate about anything. T / F
21. I like routine. T / F

Character

22. I don't care about anyone's stories but mine. T/F
23. I don't pay attention to people's feelings. T/F
24. I don't feel buoyant. T/F
25. I'm obsessed with my deficiencies. T/F

Total # of 'T' responses:_____

3B.

Memory and Attention

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

Physical

9. I feel shaky. T / F
10. I sometimes tremble. T / F
11. I have frequent backaches and/or headaches. T / F
12. I tend to have shortness of breath. T / F
13. I tend to have heart palpitations. T / F
14. I tend to have cold hands. T / F
15. I sometimes sweat too much. T / F
16. I am sometimes dizzy. T / F
17. I often have muscle tension. T / F
18. I tend to get butterflies in my stomach. T / F
19. I crave bitter foods. T / F
20. I am often nervous. T/F
21. I like yoga because it helps me to relax. T/F
22. I often feel fatigued even when I have had a good night's sleep. T/F
23. I overeat. T/F

Personality

24. I have mood swings. T / F
25. I enjoy doing many things at one time, but I find it difficult to decide what to do first. T/F
26. I tend to do things just because I think they'd be fun. T / F
27. When things are dull, I always try to introduce some excitement. T / F
28. I tend to be fickle, changing my mood and thoughts frequently. T / F
29. I tend to get overly excited about things. T / F
30. My impulses tend to get me into a lot of trouble. T / F
31. I tend to be theatrical and draw attention to myself. T / F
32. I speak my mind no matter what the reaction of others may be. T / F
33. I sometimes have fits of rage and then feel terrible guilty. T / F
34. I often tell lies to get out of trouble. T / F
35. I have always had less interest than the average person in sex. T / F

Character

36. I don't play by the rules anymore. T/F
37. I have lost many friends. T/F
38. I can't sustain romantic relationships. T/F
39. I consider the law arbitrary without reason. T/F
40. I consider rules that I use to follow hopeless. T/F

Total # of 'T' responses: _____

4B.

Memory and Attention

1. I am not very perceptive. T / F
2. I can't remember things that I have seen in the past. T/F
3. I have a slow reaction time. T/F
4. I have a poor sense of direction. T/F

Physical

5. I have night sweats. T / F
6. I have insomnia. T / F
7. I tend to sleep in many different positions in order to feel comfortable. T / F
8. I always awake early in the morning. T / F
9. I can't relax. T / F
10. I wake up at least two times per night. T / F
11. It is difficult for me to fall back asleep when I am awakened. T / F
12. I crave salt. T / F
13. I have less energy to exercise. T/F
14. I am sad. T/F

Personality

15. I have chronic anxiety. T / F
16. I am easily irritated. T / F
17. I have thoughts of self-destruction. T / F
18. I have had suicidal thoughts in my life. T / F
19. I tend to dwell on ideas too much. T / F
20. I am sometimes too structured that I become inflexible. T / F
21. My imagination takes over. T / F
22. Fear grips me. T/F

Character

23. I can't stop thinking about the meaning of life. T/F
24. I no longer want to take risks. T/F
25. The lack of meaning in my life is painful to me. T/F

Total # of 'T' responses: _____

Results

- 1A. Total "T" Responses: Dopamine Deficiency ____
- 2A. Total "T" Responses: Acetylcholine Deficiency ____
- 3A. Total "T" Responses: GABA Deficiency ____
- 4A. Total "T" Responses: Serotonin Deficiency ____

Circle the highest number. This is your most deficient nature, and is the one which is most likely to lead to illness. Your deficient nature can be the same or different to your dominant nature. In fact, you'll most likely realize deficits to your dominant nature sooner than you would recognize deficits to other aspects of your biochemistry, simply because you are used to behaving and feeling a specific way. Often, you burn out your edge just by being yourself.

For example, dopamine natures often push themselves too hard at work and burn out their edge. Serotonin natures are known to overindulge, especially with alcohol, which would also lead to a biochemical imbalance. When GABA natures don't get enough sleep, they create problems for themselves as well.

Any category with between 3 and 5 true statements is considered a minor deficiency. Any category with between 5 and 8 true statements is considered a moderate deficiency. If you have more than 8 true statements in any one category, it is considered a major deficiency. If you have 15 or more true statements in any one category, you need to get help immediately.

Minor deficits are the early warning signs of health problems. If ignored, they will eventually lead to more serious deficiencies, ultimately affecting your dominant nature, even if they occurred in another nature. If you fell into the moderate deficit range, you probably have already sought medical treatment for any number of ailments. Minor and moderate deficits can be treated without medications and usually respond to a combination of natural/nutritional, hormonal and life-style changes.

Major deficits warrant medical treatment and should be addressed immediately. These deficits are treated as diseases, i.e. Parkinson's disease, severe mood disorders, high blood pressure, memory loss, seizure disorder, depression, learning disability, attention deficit disorder, migraines, sleep disorders, irritable bowel syndrome, manic depression, anxiety, among others. These conditions most likely require medications: nutritional, hormonal and/or life-style changes will not be adequate in addressing these problems. If you experience any of these symptoms or illnesses, it is important to consult your doctor and get immediate treatment.