

Braverman Assessment

Part 1: Dominant Nature

Answer each question by choosing either true or false. At the end of each group (1-4), record only the number of TRUE responses. Answer the questions in terms of how you feel most of the time, not just today.

1A

T F

Memory and Attention

I find it easy to process my thoughts.

I concentrate effectively.

I am a deep thinker.

I am a quick thinker.

I become distracted because I do so many tasks at once.

I enjoy intense debate.

I have 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 re-energize 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 many 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 True 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 of me as having visions. _____
- 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 True 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 do not 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 universe.

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, principals, and policies.	_____	_____
I believe in participating in service for the community.	_____	_____

Total Number of True Responses	_____	_____
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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 needs 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 very low blood pressure.	_____	_____
I am very action-oriented.	_____	_____
I am 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 am 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.	_____	_____

Part 2: Defining Deficiencies

Answer each question, true or false. At the end of each group, total and record only the number of true responses. These questions are intended to address symptoms that you might be experiencing at this time. Answer the questions in terms of how you feel right now. It does not matter how long you've been experiencing these symptoms, or even if they occurred today for the first time.

1B

T F

Memory and Attention

I have trouble paying consistent attention and concentrating.	_____	_____
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 drug 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 True Responses _____

Results

1A (total number of true responses)	Dopamine nature	_____
2A	Acetylcholine nature	_____
3A	GABA nature	_____
4A	Serotonin Nature	_____

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 others 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 True Responses _____

3B

Memory and Attention

I find it difficult to concentrate because I'm nervous. _____

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 it is hard to show others. _____

My ability to focus comes 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 when 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. _____
- I have always had less interest than the average person in sex. _____

Character

- I don't pay 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 True 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 reaction 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 True Responses _____

Results

1B (total number of true responses)	Dopamine nature	_____
2B	Acetylcholine nature	_____
3B	GABA nature	_____
4B	Serotonin Nature	_____