

# THE BRAVERMAN NATURE ASSESSMENT

( From *The Edge Effect* by Eric Braverman, 2005).

## PART 1: DETERMINING YOUR DOMINANT NATURE

Answer each question by making a tick in the appropriate True or False columns.

Then add up your true scores for each section and enter them in the column containing the total scores.

Answer the questions in terms of *how you feel most of the time*. YOUR BEST SELF.

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.

Fill the totals for each section in here to see your normal nature	
1A. Total number of True responses: dopamine nature	
2A. Total number of True responses: acetylcholine nature	
3A. Total number of True responses: GABA nature	
4A. Total number of True responses: serotonin nature	

### 1A

#### Memory and Attention

	True	False
I find it easy to process my thoughts	<input type="checkbox"/>	<input type="checkbox"/>
I concentrate effectively	<input type="checkbox"/>	<input type="checkbox"/>
I am a deep thinker	<input type="checkbox"/>	<input type="checkbox"/>
I am a quick thinker	<input type="checkbox"/>	<input type="checkbox"/>
I become distracted because I do so many tasks at once	<input type="checkbox"/>	<input type="checkbox"/>
I enjoy intense debate	<input type="checkbox"/>	<input type="checkbox"/>
I have a good imagination	<input type="checkbox"/>	<input type="checkbox"/>
I tend to criticize and analyze my thoughts	<input type="checkbox"/>	<input type="checkbox"/>

#### Physical

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

<b>Personality</b>	True	False
I am a very domineering individual	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I sometimes don't notice my feelings	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I often have trouble listening to others because my own ideas dominate	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I have been in many physical altercations	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I tend to be future-oriented	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I am sometimes speculative	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Most people view me as thinking-oriented	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I daydream and often fantasize	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I like to read history and other nonfiction books	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I admire ingenuity	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I can be slow in identifying how people can cause trouble	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I don't usually get tricked by people who say they need my help	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Most people view me as innovative	<input checked="" type="checkbox"/>	<input type="checkbox"/>
People have thought I have had some strange ideas, but I can always explain the basis for them rationally	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I am often agitated or irritated	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Little things make me anxious or upset	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I have fantasies of unlimited power	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I love spending money	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I dominate others in my relationships	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I am very hard on myself	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I react aggressively to criticism, often becoming defensive in front of others	<input checked="" type="checkbox"/>	<input type="checkbox"/>

<b>Character</b>	True	False
Some individuals view me as tough-minded	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Most people view me as achievement-oriented	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Some people say that I am irrational	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I will do anything to reach a goal	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I value a religious philosophy	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Incompetence makes me angry	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I have high standards for myself and for others	<input checked="" type="checkbox"/>	<input type="checkbox"/>

<b>Total number of TRUE responses:</b>
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**2A**

<b>Memory and Attention</b>	True	False
My memory is very strong	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I am an excellent listener	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I am good at remembering stories	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I usually do not forget a face	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I am very creative	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I have an excellent attention span and rarely miss a thing	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I have many good hunches	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I notice everything going on around me	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I have a good imagination	<input checked="" type="checkbox"/>	<input type="checkbox"/>

<b>Physical</b>	True	False
I tend to have a slow pulse	<input checked="" type="checkbox"/>	<input type="checkbox"/>
My body has excellent tone	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I have a great figure/build	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I have low cholesterol	<input checked="" type="checkbox"/>	<input type="checkbox"/>
When I eat, I love to experience the aromas and the beauty of food	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I love yoga and stretching my muscles	<input checked="" type="checkbox"/>	<input type="checkbox"/>
During sex I am very sensual	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I have had an eating disorder at some point in my life	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I have tried many alternative remedies	<input checked="" type="checkbox"/>	<input type="checkbox"/>

<b>Personality</b>	True	False
I am a perpetual romantic	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I am in touch with my feelings	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I tend to make decisions based on hunches	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I like to speculate	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Some people say I have my head in the clouds	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I love reading fiction	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I have a rich fantasy life	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I am creative when solving people problems	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I am very expressive; I like to talk about what's bothering me	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I am buoyant	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I believe that it is possible to have a mystical experience	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I believe in being a soul mate	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Sometimes the mystical can excite me	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I tend to overreact to my body	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I find it easy to change; I am not set in my ways	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I am deeply in touch with my emotions	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I tend to love someone one minute and hate him or her the next	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I am flirtatious	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I don't mind spending money if it benefits my relationships	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I tend to fantasize when I'm having sex	<input checked="" type="checkbox"/>	<input type="checkbox"/>
My relationships tend to be filled with romance	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I love watching romantic movies	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I take risks in my love life	<input checked="" type="checkbox"/>	<input type="checkbox"/>

<b>Character</b>	True	False
I foresee a better future	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I am inspired to help other people	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I believe that all things are possible, particularly for those who are devoted	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I am good at creating harmony between people	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Charity and altruism come from the heart, and I have plenty of both	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Others think me of as having vision	<input checked="" type="checkbox"/>	<input type="checkbox"/>
My thoughts on religion often change	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I am an idealist, but not a perfectionist	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I'm happy with someone who just treats me right	<input checked="" type="checkbox"/>	<input type="checkbox"/>

<b>Total number of TRUE responses:</b>
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**3A**

**Memory and Attention**

True

False

I have a stable attention span and can follow other people's logic	<input type="checkbox"/>	<input type="checkbox"/>
I enjoy reading people more than books	<input type="checkbox"/>	<input type="checkbox"/>
I retain most of what I hear	<input type="checkbox"/>	<input type="checkbox"/>
I can remember facts people tell me	<input type="checkbox"/>	<input type="checkbox"/>
I learn from my experiences	<input type="checkbox"/>	<input type="checkbox"/>
I am good at remembering names	<input type="checkbox"/>	<input type="checkbox"/>
I can focus very well on tasks and people's stories	<input type="checkbox"/>	<input type="checkbox"/>

**Physical**

True

False

I find it easy to relax	<input type="checkbox"/>	<input type="checkbox"/>
I am a calm person	<input type="checkbox"/>	<input type="checkbox"/>
I find it easy to fall asleep at night	<input type="checkbox"/>	<input type="checkbox"/>
I tend to have high physical endurance	<input type="checkbox"/>	<input type="checkbox"/>
I have low blood pressure	<input type="checkbox"/>	<input type="checkbox"/>
I do not have a family history of stroke	<input type="checkbox"/>	<input type="checkbox"/>
When it comes to sex, I am not very experimental	<input type="checkbox"/>	<input type="checkbox"/>
I have little muscle tension	<input type="checkbox"/>	<input type="checkbox"/>
Caffeine has little effect on me	<input type="checkbox"/>	<input type="checkbox"/>
I take my time eating my meals	<input type="checkbox"/>	<input type="checkbox"/>
I sleep well	<input type="checkbox"/>	<input type="checkbox"/>
I don't have many harmful food cravings such as sugar	<input type="checkbox"/>	<input type="checkbox"/>
Exercising is a regimented habit for me	<input type="checkbox"/>	<input type="checkbox"/>

**Personality**

True

False

I am not very adventurous	<input type="checkbox"/>	<input type="checkbox"/>
I do not have a temper	<input type="checkbox"/>	<input type="checkbox"/>
I have a lot of patience	<input type="checkbox"/>	<input type="checkbox"/>
I don't enjoy philosophy	<input type="checkbox"/>	<input type="checkbox"/>
I love watching sitcoms about families	<input type="checkbox"/>	<input type="checkbox"/>
I dislike movies about other worlds or universes	<input type="checkbox"/>	<input type="checkbox"/>
I am not a risk taker	<input type="checkbox"/>	<input type="checkbox"/>
I keep past experiences in mind before I make decisions	<input type="checkbox"/>	<input type="checkbox"/>
I am a realistic person	<input type="checkbox"/>	<input type="checkbox"/>
I believe in closure	<input type="checkbox"/>	<input type="checkbox"/>
I like facts and details	<input type="checkbox"/>	<input type="checkbox"/>
When I make a decision, it's permanent	<input type="checkbox"/>	<input type="checkbox"/>
I like to plan my day, week, month, etc	<input type="checkbox"/>	<input type="checkbox"/>
I collect things	<input type="checkbox"/>	<input type="checkbox"/>
I am a little sad	<input type="checkbox"/>	<input type="checkbox"/>
I'm afraid of confrontations and altercations	<input type="checkbox"/>	<input type="checkbox"/>
I save up a lot of money in the event of a crisis	<input type="checkbox"/>	<input type="checkbox"/>
I tend to create strong, lasting bonds with others	<input type="checkbox"/>	<input type="checkbox"/>
I am a stable pillar in people's lives	<input type="checkbox"/>	<input type="checkbox"/>

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

<b>Total number of TRUE responses:</b>
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#### 4A

Memory and attention	True	False
I can easily concentrate on manual labour tasks	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I have a good visual memory	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I am very perceptive	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I am an impulsive thinker	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I live in the here and now	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I tend to say, "Tell me the bottom line."	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I am a slow book learner, but I learn easily from experience	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I need to experience something or work at it hands-on in order to understand it	<input checked="" type="checkbox"/>	<input type="checkbox"/>

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

<b>Personality</b>	<b>True</b>	<b>False</b>
I live life in the immediate moment	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I like to perform/entertain in public	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I tend to gather facts in an unorganized manner	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I am very flexible	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I am a great negotiator	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I often just like to "eat, drink, and be merry."	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I am dramatic	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I am very artistic	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I am a good craftsman	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I'm a risk taker when it comes to sports	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I believe in psychics	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I can easily take advantage of others	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I am cynical of others' philosophies	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I like to have fun	<input checked="" type="checkbox"/>	<input type="checkbox"/>
My favourite types of movies are horror flicks	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I am fascinated with weapons	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I rarely stick to a plan or agenda	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I have trouble remaining faithful	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I am easily able to separate and move on when relationships with loved ones end	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I don't pay much attention to how I spend my money	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I have many frivolous relationships	<input checked="" type="checkbox"/>	<input type="checkbox"/>

<b>Character</b>	<b>True</b>	<b>False</b>
I always keep my options open in case something better comes up	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I don't like working hard for long periods of time	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I believe things should have a function and purpose	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I am optimistic	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I live in the moment	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I pray only when I'm in need of spiritual support	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I don't have particularly high morals and ethical values	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I do what I want, when I want to	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I don't care about being perfect; I just live my life	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Savings are for suckers	<input checked="" type="checkbox"/>	<input type="checkbox"/>

<b>Total number of TRUE responses:</b>
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