THE BRAVERMAN NATURE ASSESSMENT Part 2 Defining your Deficiencies

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

| NAME: | | DATE: |
|-------|--|-------|
|-------|--|-------|

Instructions: Answer each question with True or False.

This 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.

| Enter your totals below: | Total |
|--|-------|
| 1B. Total number of TRUE responses: dopamine deficiency | |
| 2B. Total number of TRUE responses: acetylcholine deficiency | |
| 3B. Total number of TRUE responses: GABA deficiency | |
| 4B. Total number of TRUE responses: serotonin deficiency | |

Circle the highest number. This is your most deficient nature and the one that is most likely to cause symptoms.

Your deficient nature can be the same as or different from your dominant nature. In fact, you'll most likely recognize deficits in your dominant nature sooner than you would in other aspects of your biochemistry simply because you are used to behaving and feeling a specific way. You burn out your edge just by being yourself. For example:

- Dopamine natures can push themselves too hard.
- 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.
- Overworking all of the other biochemicals will burn out your acetylcholine.

Balance your most deficient nature first. Then balance the other three to reach the Ultimate Edge Effect.

Any category with up to 5 true statements is considered a minor deficiency. Any category with between 6 and 15 true statements is considered a moderate deficiency.

If you have more than 15 true statements in anyone category, this indicates a major deficiency – it is recommended that you get your doctor involved as soon as possible as you might need medication other than nutritional supplements.

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 fall into the moderate deficit range, you probably have already sought medical treatment for any number of ailments related to that deficiency. Minor and moderate deficits can be treated without medications and usually respond to a combination of natural/nutritional, hormonal, and lifestyle changes.

1B

| Memory and Attention | True | False |
|---|------|-------|
| 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 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 | |

2B

| Memory and Attention | True | False |
|--|----------|-------|
| 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 | |

| 3B |
|----|
|----|

| Init if difficult to concentrate because I'm nervous and jumpy can't remember phone numbers have trouble finding the right word have trouble finding the right word have trouble remembering things when I am put on the spot know I am intelligent, but it is hard to show others Ay 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 am a quick thinker but can't always say what I mean ma aquick thinker but can't always say what I mean Hysical feel shaky sometimes tremble have frequent backaches and/or headaches tend to have sohntness of breath tend to have cold hands sometimes sweat too much am sometimes dizzy often have muscle tension care bitter foods am often nervous like yoga because it helps me to relax often feel fatigued even when I have had a good night's sleep overeat versonality have mood swings enjoy doing many things at one time, but I find it difficult to decide what to do first tend to be fickle, changing my mood and thoughts frequently tend to be theatrical and draw attention to myself speek my mind no matter what the reaction of others may be sometimes shee of to uble have mood suit to ways ato mere seritemest tend to be th | e False |
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| | |
| | |
| have lost many friends | |
| can't sustain romantic relationships | |
| consider the law arbitrary and without reason | |
| now consider rules that I used to follow ridiculous | |

4B

| Memory and attention | True | False |
|--|------|-------|
| 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 | |
| l 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 | |