

Braverman Personality Type Assessment

Part 1: Determining your Dominant Nature

Instructions: Answer each question by selecting either True or False. 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 - DOPAMINE

Memory and Attention

- I find it easy to process my thoughts

True	False
------	-------
- I concentrate effectively

True	False
------	-------
- I am a deep thinker

True	False
------	-------
- I am a quick thinker

True	False
------	-------
- I become distracted because I do so many tasks at once

True	False
------	-------
- I enjoy intense debate

True	False
------	-------
- I have a good imagination

True	False
------	-------
- I tend to criticize and analyze my thoughts

True	False
------	-------

Physical

- I have a lot of energy most of the time

True	False
------	-------
- My blood pressure is often elevated

True	False
------	-------
- Sometimes in my life I have had episodes of extreme energy

True	False
------	-------
- I have insomnia

True	False
------	-------
- I find exercising invigorating

True	False
------	-------
- I don't ordinarily need coffee to jump-start me in the morning

True	False
------	-------
- My veins are visible and tend to look as though they might pop out of my skin

True	False
------	-------
- I tend to have a high body temperature

True	False
------	-------
- I eat my lunch while I'm working

True	False
------	-------
- I engage in sexual intercourse any chance I get

True	False
------	-------
- I have a temper

True	False
------	-------
- I eat only to reenergize my body

True	False
------	-------
- I love action movies

True	False
------	-------
- Exercising makes me feel powerful

True	False
------	-------

Character

- Some individuals view me as tough-minded

True	False
------	-------
- Most people view me as achievement-oriented

True	False
------	-------
- Some people say that I am irrational

True	False
------	-------
- I will do anything to reach a goal

True	False
------	-------
- I value a religious philosophy

True	False
------	-------
- Incompetence makes me angry

True	False
------	-------
- I have high standards for myself and for others

True	False
------	-------

Personality

- I am a very domineering individual

True	False
------	-------
- I sometimes don't notice my feelings

True	False
------	-------
- I often have trouble listening to others because my own ideas dominate

True	False
------	-------
- I have been in many fights

True	False
------	-------
- I tend to be future-oriented

True	False
------	-------
- I am sometimes speculative

True	False
------	-------
- Most people view me as thinking-oriented

True	False
------	-------
- I daydream and often fantasize

True	False
------	-------
- I like to read history and other non-fiction books

True	False
------	-------
- I admire ingenuity

True	False
------	-------
- I can be slow in identifying how people can cause trouble

True	False
------	-------
- I don't usually get tricked by people who say they need my help

True	False
------	-------
- Most people view me as innovative

True	False
------	-------
- People have thought I have had some strange ideas, but I can always explain the basis for them rationally

True	False
------	-------
- I am often agitated or irritated

True	False
------	-------
- Little things make me anxious or upset

True	False
------	-------
- I have fantasies of unlimited power

True	False
------	-------
- I love spending money

True	False
------	-------
- I dominate others in relationships

True	False
------	-------
- I am very hard on myself

True	False
------	-------
- I react aggressively to criticism, often becoming defensive in front of others

True	False
------	-------

Total value of 1A True Responses: **0**

2A - ACETYLCHOLINE

Memory and Attention

- My memory is very strong

True	False
------	-------
- I am an excellent listener

True	False
------	-------
- I am good at remembering stories

True	False
------	-------
- I usually do not forget a face

True	False
------	-------
- I am very creative

True	False
------	-------
- I have an excellent attention span and rarely miss a thing

True	False
------	-------
- I have many good hunches

True	False
------	-------
- I notice everything going on around me

True	False
------	-------

Character

- I foresee a better future

True	False
------	-------
- I am inspired to help other people

True	False
------	-------
- I believe that all things are possible, particularly for those who are devoted

True	False
------	-------
- I am good at creating harmony between people

True	False
------	-------
- Charity and altruism come from the heart, and I have plenty of both

True	False
------	-------
- Others think me of as having vision

True	False
------	-------
- My thoughts on religion often change

True	False
------	-------

I have a good imagination

True	False
------	-------

Physical

I tend to have a slow pulse

True	False
------	-------

My body has excellent tone

True	False
------	-------

I have a great figure/build

True	False
------	-------

I have really low cholesterol

True	False
------	-------

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

True	False
------	-------

I love yoga and stretching my muscles

True	False
------	-------

During sex, I am very sensual

True	False
------	-------

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

True	False
------	-------

I have tried many alternative remedies

True	False
------	-------

I am an idealist, but not a perfectionist

True	False
------	-------

I'm happy with someone who just treats me right

True	False
------	-------

Personality

I am a perpetual romantic

True	False
------	-------

I am in touch with my feelings

True	False
------	-------

I tend to make decisions based on hunches

True	False
------	-------

I like to speculate

True	False
------	-------

Some people say I have my head in the clouds

True	False
------	-------

I love reading fiction

True	False
------	-------

I have a rich fantasy life

True	False
------	-------

I am creative when solving people problems

True	False
------	-------

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

True	False
------	-------

I am buoyant

True	False
------	-------

I believe that it is possible to have a mystical experience

True	False
------	-------

I believe in being a soul mate

True	False
------	-------

Sometimes the mystical can excite me

True	False
------	-------

I tend to overreact to my body

True	False
------	-------

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

True	False
------	-------

I am deeply in touch with my emotions

True	False
------	-------

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

True	False
------	-------

I am flirtatious

True	False
------	-------

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

True	False
------	-------

I tend to fantasize when I'm having sex

True	False
------	-------

My relationships tend to be filled with romance

True	False
------	-------

I love watching romantic movies

True	False
------	-------

I take risks in my love life

True	False
------	-------

Total value of 2A True Responses: **0**

3A - GABA

Memory and Attention

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

True	False
------	-------

I enjoy reading people more than books

True	False
------	-------

I retain most of what I hear

True	False
------	-------

I can remember facts people tell me

True	False
------	-------

I learn from my experiences

True	False
------	-------

I am good at remembering names

True	False
------	-------

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

True	False
------	-------

Physical

I find it easy to relax

True	False
------	-------

I am a calm person

True	False
------	-------

I find it easy to fall asleep at night

True	False
------	-------

I tend to have high physical endurance

True	False
------	-------

I have low blood pressure

True	False
------	-------

I do not have a family history of stroke

True	False
------	-------

When it comes to sex, I am not very experimental

True	False
------	-------

I have little muscle tension

True	False
------	-------

Caffeine has little effect on me

True	False
------	-------

I take my time eating my meals

True	False
------	-------

I sleep well

True	False
------	-------

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

True	False
------	-------

Exercising is a regimented habit for me

True	False
------	-------

Character

I believe in the adage "Early to bed, early to rise."

True	False
------	-------

I believe in meeting deadlines

True	False
------	-------

I try to please others the best I can

True	False
------	-------

I am a perfectionist

True	False
------	-------

I am good at maintaining long-lasting relationships

True	False
------	-------

I pay attention to where my money goes

True	False
------	-------

I believe that the world would be more peaceful if people would improve upon their morals

True	False
------	-------

I am very loyal and devoted to my loved ones

True	False
------	-------

I have high ethical standards that I live by

True	False
------	-------

I pay close attention to laws, principles, and policies

True	False
------	-------

I believe in participating in service for the community

True	False
------	-------

Personality

I am not very adventurous

True	False
------	-------

I do not have a temper

True	False
------	-------

I have a lot of patience

True	False
------	-------

I don't enjoy philosophy

True	False
------	-------

I love watching sitcoms about families

True	False
------	-------

I dislike movies about other worlds or universes

True	False
------	-------

I am not a risk-taker

True	False
------	-------

I keep past experiences in mind before I make decisions

True	False
------	-------

I am a realistic person

True	False
------	-------

I believe in closure

True	False
------	-------

I like facts and details

True	False
------	-------

When I make a decision, it's permanent

True	False
------	-------

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

True	False
------	-------

- I collect things

True	False
------	-------
- I am a little sad

True	False
------	-------
- I am afraid of confrontations and altercations

True	False
------	-------
- I save up a lot of money in the event of a crisis

True	False
------	-------
- I tend to create strong, lasting bonds with others

True	False
------	-------
- I am a stable pillar in people's lives

True	False
------	-------

Total value of 3A True Responses: **0**

4A - SEROTONIN

Memory and Attention

- I can easily concentrate on manual-labor tasks

True	False
------	-------
- I have a good visual memory

True	False
------	-------
- I am very perceptive

True	False
------	-------
- I am an impulsive thinker

True	False
------	-------
- I live in the here and now

True	False
------	-------
- I tend to say, "Tell me the bottom line."

True	False
------	-------
- I am a slow book learner, but I learn easily from experience

True	False
------	-------
- I need to experience something or work at it hands-on in order to understand it

True	False
------	-------

Physical

- I sleep too much

True	False
------	-------
- When it comes to sex, I am very experimental

True	False
------	-------
- I have low blood pressure

True	False
------	-------
- I am very action-oriented

True	False
------	-------
- I am very handy around the house

True	False
------	-------
- I am very active outdoors

True	False
------	-------
- I engage in daring activities such as skydiving and motorcycle riding

True	False
------	-------
- I can solve problems spontaneously

True	False
------	-------
- I rarely have carbohydrate cravings

True	False
------	-------
- I usually grab a quick meal on the run

True	False
------	-------
- I'm usually not very consistent with my exercise routine; I may exercise daily for three weeks and then skip it for a month

True	False
------	-------

Character

- I always keep my options open in case something better comes up

True	False
------	-------
- I don't like working hard for long periods of time

True	False
------	-------
- I believe things should have a function and purpose

True	False
------	-------
- I am optimistic

True	False
------	-------
- I live in the moment

True	False
------	-------
- I pray only when I'm in need of spiritual support

True	False
------	-------
- I don't have particularly high morals and ethical values

True	False
------	-------
- I do what I want, when I want to

True	False
------	-------
- I don't care about being perfect; I just live my life

True	False
------	-------
- Savings are for suckers

True	False
------	-------

Personality

- I live life in the immediate moment

True	False
------	-------
- I like to perform/entertain in public

True	False
------	-------
- I tend to gather facts in an unorganized manner

True	False
------	-------
- I am very flexible

True	False
------	-------
- I am a great negotiator

True	False
------	-------
- I often just like to "eat, drink, and be merry"

True	False
------	-------
- I am dramatic

True	False
------	-------
- I am very artistic

True	False
------	-------
- I am a good craftsman

True	False
------	-------
- I'm a risk taker when it comes to sports

True	False
------	-------
- I believe in psychics

True	False
------	-------
- I can easily take advantage of others

True	False
------	-------
- I am cynical of others' philosophies

True	False
------	-------
- I like to have fun

True	False
------	-------
- My favorite type of movies are horror flicks

True	False
------	-------
- I am fascinated with weapons

True	False
------	-------
- I rarely stick to a plan or agenda

True	False
------	-------
- I have trouble remaining faithful

True	False
------	-------
- I am easily able to separate and move on when relationships with loved ones end

True	False
------	-------
- I don't pay much attention to how I spend my money

True	False
------	-------
- I have many frivolous relationships

True	False
------	-------

Total value of 4A True Responses: **0**

Total Results Summary

- 1A Total Number of True Responses - DOPAMINE Nature: **0**
- 2A Total Number of True Responses - ACETYLCHOLINE Nature: **0**
- 3A Total Number of True Responses - GABA Nature: **0**
- 4A Total Number of True Responses - SEROTONIN Nature: **0**

You are Dominant. Share on Facebook

DOPAMINE NATURE If you have a dopamine nature, you are part of 17% of the population. When you are balanced, you are likely to be strong-willed who knows exactly what you want and how to get it. You are fast on your feet and self-confident. You are highly rational, more comfortable with facts and figures than with feelings and emotions. You are able to assess yourself critically, but you may not respond well to the criticisms of others. You focus intently on the task at hand and take pride in achievement. Strategic thinking, masterminding, inventing, problem solving, envisioning, and pragmatism are exciting and you function well under stress. A majority of doctors, scientists, researchers, inventors, engineers, generals and architects are dopamine dominant, but this does not preclude you from other professions. You may like to play chess, listen to books on tape, or do difficult crossword puzzles. You are tireless, perhaps overly alert, and may need less sleep than others. When exercising, you may enjoy weight-lifting more than aerobic activities. You may not be overly sensitive and miss it when others consider their feelings more important than your reasons. You may be distant from your children, and the stability of your marriage may depend on the loyalty and goodwill of your spouse.

Excessive dopamine Too much dopamine can lead to excessive risk-taking behaviors and impulsive actions. Violence and over-control of others may be recurrent problems. Sexual activity level might be too high for sustained relationships to endure, as extramarital sexual activity may result. As teenagers, reckless driving, shoplifting, or date rape may result if you did not learn to balance your dopamine extremes in time.

ACETYLCHOLINE NATURE You are adept at working with your senses and view the world in sensory terms. You are highly creative and open to new ideas. You are a quick thinker who is always taking other people into consideration. You are devoted to making things the best they can be, no matter how much effort it requires. You are flexible, creative, and spontaneous, and are willing to try anything new as long as it promises to be new and exciting. If your acetylcholine nature is in balance, you are intuitive and innovative. You take pleasure in anything involving words, ideas, and communication. (Acetylcholine is produced to a great extent in the parietal lobes of the brain, which is responsible for language, intelligence, and comprehension) You may be ideal in the roles as counselor, mediator, think tank member, yoga and meditation instructor, religious leader, and in public service. Strong acetylcholine levels are associated with high brain speed, which impacts the creative function, so artists, writers, advertising professionals, and actors are frequently acetylcholine dominant. You are extremely social, even charismatic. You love meeting and greeting and making new friends. You come across to others as authentic and grounded. People find you charming, and you find relationships come easy to you. You invest a great deal of energy and time into your relationships and feel that you are personally reaping the rewards. You are an optimist, and you see the possibilities in people. You are attentive to the needs of children and romantic with you significant other. You are good at remembering other people's feelings and reactions, and this enables you to not hurt others. You are altruistic and benevolent. You love adventure. You are open to new things and not afraid of failure. You like to travel, but you can also enjoy reading about the lives of others. Your quest for learning makes you interested in a variety of topics and adept at sharing your knowledge with others.

Too Much Acetylcholine You may give too much of yourself, to the point of not considering your own needs or becoming masochistic. You may feel the world is taking advantage of you, or become paranoid. You may become socially isolated as a result. Panic disorder, manic episodes, or anxiety can result.

GABA NATURE A person with a GABA nature is stable. Almost 50% of the world share this nature, whose hallmarks are consistency, sociability, and concern for others. If you have a GABA nature, you will likely show up every day for work and be there when others need you. When your GABA is in balance, you remain calm when chaos swirls around you. Characteristics of objectivity, levelheadedness, punctuality, practicality, and confidence all come naturally to you. Staying organized is very important to you, and rigid schedules are comforting rather than confining – they eliminate uncertainty and ensure smooth sailing. GABA dominant people tend to gravitate to careers as administrators, accountants, security officers, nurses, medical technicians, air-traffic controllers, news reporters, EMT's, meeting planners, bus drivers, and homemakers. No matter what the job, the GABA-natured person is the one who tethers the group, who stays focused on the matter at hand, yet usually defers to the majority. You are the consummate team player, deriving pleasure from fulfilling your obligations and taking care of those you love. You are sensible, settled, and not prone to wide swings of emotion or outbursts of anger. You both relish group activities and cherish one-to-one connections. Making others comfortable makes you happy. Marriage is seen as a long-term haven. You probably believe in traditions and institutions, and enjoy your part in making them work, especially at your place of worship. You look forward to holiday gatherings, and planning for them seems more like play than work. You probably like history books and biographies. Collecting memorabilia and creating scrapbooks may provide hours of entertainment. There are times when you feel you've had a strong nurturing effect on others, such as after hosting a holiday dinner.

EXCESS GABA Producing too much GABA may ratchet up your nurturing tendencies to the point where you ignore your own needs or end up getting hurt. You may spend too much energy looking for love, and then relying too heavily on you mates. You may look too much to authority figures for advice and continuously craving and following the advice of others.

SEROTONIN NATURE Serotonin resynchronizes your brain while you sleep so you wake every morning with a fresh start. If you have a serotonin nature, you are among 17% of the population who really know how to enjoy themselves. Serotonin is associated with delta waves (which are produced in abundance when we sleep) and affects our ability to rest, regenerate, and find security. If you have a serotonin nature, you know how to live in the moment. You are a realist, keenly responsive to sensory input, yet you can be impulsive, too. You love to participate in activities for the "love of the game" and not as a means to an end. Achievement to you means getting something done now. You thrive on change – you'll alternate tasks and find new ways of doing repetitive ones. You will try new foods, pick up a new hobby, and plan a different vacation every year. When balanced, a person with a serotonin nature is receptive to stimuli, in touch with both mind and body, often physically coordinated, and very resourceful. You are not put off by struggle and undeterred by setbacks. If your work doesn't feel like play, it is not worth doing. Your serotonin nature is ideal for professions requiring motor skills, hand-eye coordination, flexibility, and crisis management. Tools are extensions of the serotonin brain. Construction workers, oil riggers, truck and ambulance drivers, military personnel, hairstylists, bartenders, pilots, and computer programmers – who get to play with the most advanced and expensive tools – are all likely to have a serotonin nature. Professional athletes, movie stars, photographers, and fashion models might also have serotonin natures. Serotonin dominance would also be essential for trouble-shooting business executives hired to save floundering companies; for surgeons, orthopedists, and chiropractors; for detectives and investigators; and for specialists in crisis intervention. If there is excitement anywhere, you will find it, whether it be parties, celebrations, video games, casino gambling, mountain climbing, hunting, skydiving, hang-gliding, skiing, or scuba diving. You are passionate in your relationships, but refuse to be tied down. It is important that those close to you recognize your need for freedom. You can be the life of the party; you can be cheerful, optimistic, and easygoing. You want everyone to join in and be part of your fun. You may have a special fondness for children, although you may be overwhelmed by the commitment needed to care for them. You delight in playing with them, and the roles of a favorite aunt, uncle or grandparent appeal the most to you. You are intensely loyal to coworkers, friends, and family. People appreciate your practical side and the way you make the best of any situation. You have many and varied friendships, but they may be more broad than deep. Your impulsivity and desire for new experiences may move you away before deeper roots are formed. You disdain order and routine, and with your love for independence, this can put a strain on your closest relationships. When you are maximizing your serotonin nature, you experience serenity throughout the day. You experience highs doing what others consider dangerous, such as bungee jumping, motorboat racing, whitewater rafting, motorcycling, or just staying out all night carousing. When you play hard, your body is in serotonin overdrive, and you are having the time of your life.

TOO MUCH SEROTONIN Producing too much serotonin can make you extremely nervous. You can become hesitant, distracted, vulnerable to any manner of criticism, and morbidly afraid of being disliked. In the extreme, someone with an excessive serotonin personality is painfully shy and sees himself as inadequate and inferior. Such people are plagued by sadness, anger, and a desperate desire for interpersonal interaction, which, ironically, they are too fearful to attempt.

Part 2: Defining your Deficiencies

Instructions: Answer each question by selecting either True or False. 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 now 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 - DOPAMINE

Memory and Attention

- I have trouble paying consistent attention and concentrating

True	False
------	-------
- I need caffeine to wake up

True	False
------	-------
- I cannot think quickly enough

True	False
------	-------
- I do not have a good attention span

True	False
------	-------
- I have trouble getting through a task even when it is interesting to me

True	False
------	-------
- I am slow in learning new ideas

True	False
------	-------

Physical

- I crave sugar

True	False
------	-------
- I have decreased libido

True	False
------	-------
- I sleep too much

True	False
------	-------
- I have a history of alcohol or addiction

True	False
------	-------
- I have recently felt worn out for no apparent reason

True	False
------	-------
- I sometimes experience total exhaustion without even exerting myself

True	False
------	-------
- I have always battled weight problems

True	False
------	-------
- I have little motivation for sexual experiences

True	False
------	-------
- I have little trouble getting out of bed in the mornign

True	False
------	-------
- I have had a craving for cocaine, amphetamines, or Ecstasy

True	False
------	-------

Total value of 1B True Responses: **0**

2B - ACETYLCHOLINE

Memory and Attention

- I lack imagination

True	False
------	-------
- I have difficulty remembering names when I first meet people

True	False
------	-------
- I have noticed that my memory ability is decreasing

True	False
------	-------
- My significant other tells me I don't have romantic thoughts

True	False
------	-------
- I can't remember my friend's birthday

True	False
------	-------
- I have lost some of my creativity

True	False
------	-------

Physical

- I have insomnia

True	False
------	-------
- I have lost muscle tone

True	False
------	-------
- I don't exercise anymore

True	False
------	-------
- I crave fatty food

True	False
------	-------
- I have experimented with hallucinogens or other illicit drugs

True	False
------	-------
- I feel like my body is falling apart

True	False
------	-------
- I can't breathe easily

True	False
------	-------

Total value of 2B True Responses: **0**

Character

- I have lost my reasoning skills

True	False
------	-------
- I can't make good decisions

True	False
------	-------

Personality

- I feel fine just following others

True	False
------	-------
- People seem to take advantage of me

True	False
------	-------
- I am feeling very down or depressed

True	False
------	-------
- People have told me I am too mellow

True	False
------	-------
- I have little urgency

True	False
------	-------
- I let people criticize me

True	False
------	-------
- I always look to others to lead me

True	False
------	-------

Character

- I don't care about anyone's stories but my own

True	False
------	-------
- I don't pay attention to people's feelings

True	False
------	-------
- I don't feel buoyant

True	False
------	-------

Personality

- I don't feel joy very often

True	False
------	-------
- I feel despair

True	False
------	-------
- I protect myself from being hurt by others by never telling much about myself

True	False
------	-------
- I find it more comfortable to do things alone rather than in a large group

True	False
------	-------
- Other people get angrier about bothersome things than I do

True	False
------	-------
- I give in easily and tend to be submissive

True	False
------	-------
- I rarely feel passionate about anything

True	False
------	-------
- I like routine

True	False
------	-------

3B - GABA

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 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

True	False
------	-------

True	False
------	-------

True	False
------	-------

True	False
------	-------

True	False
------	-------

True	False
------	-------

True	False
------	-------

True	False
------	-------

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 overea

True	False
------	-------

True	False
------	-------

True	False
------	-------

True	False
------	-------

True	False
------	-------

True	False
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True	False
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True	False
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True	False
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True	False
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True	False
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True	False
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True	False
------	-------

True	False
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True	False
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Total value of 3B True Responses: **0**

Character

- I don't play by the rules anymore
- I have lost my 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

True	False
------	-------

True	False
------	-------

True	False
------	-------

True	False
------	-------

True	False
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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

True	False
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True	False
------	-------

True	False
------	-------

True	False
------	-------

True	False
------	-------

True	False
------	-------

True	False
------	-------

True	False
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True	False
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True	False
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True	False
------	-------

True	False
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True	False
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4B - SEROTONIN

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

True	False
------	-------

True	False
------	-------

True	False
------	-------

True	False
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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

True	False
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True	False
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True	False
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True	False
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True	False
------	-------

True	False
------	-------

True	False
------	-------

True	False
------	-------

True	False
------	-------

True	False
------	-------

Total value of 4B True Responses: **0**

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

True	False
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True	False
------	-------

True	False
------	-------

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

True	False
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True	False
------	-------

True	False
------	-------

True	False
------	-------

True	False
------	-------

True	False
------	-------

True	False
------	-------

True	False
------	-------

Deficiency Results Summary

1B Total Number of True Responses - DOPAMINE Deficiency: **0**

2B Total Number of True Responses - ACETYLCHOLINE Deficiency: **0**

3B Total Number of True Responses - GABA Deficiency: **0**

4B Total Number of True Responses - SEROTONIN Deficiency: **0**

This test and the following recommendations are taken directly from Dr. Eric R. Braverman's book, "The Edge Effect: Achieve Total Health and Longevity with the Balanced Brain Advantage" New York: Sterling Publications, 2005.

Dopamine Deficiency

Deficient dopamine Early warning signs are loss of energy, fatigue, sluggishness, memory loss, or the blues.

Physical issues: Anemia, balance problems, blood sugar instability, bone density loss, carbohydrate cravings, decreased appetite, decreased strength, diabetes, diarrhea, anorgasmia, digestion problems, hypersomnia, head and facial tremors, high blood pressure, hyperglycemia, joint pain, kidney problems, light-headedness, low libido, narcolepsy, obesity, Parkinson's, slow metabolism, slow rigid movements, substance abuse, sugar cravings, tension, tremors, thyroid problems, swallowing problems. *Personality Issues:* Aggression, anger, carelessness, depression, fear of being observed, guilt, hopelessness, worthlessness, pleasure-seeking behavior, stress intolerance, social isolation, mood swings, procrastination, self-destructive thoughts. *Memory Issues:* Distractibility, lack of follow-through, forgetfulness, lack of working memory, poor abstract thinking, slow processing speed. *Attention Issues:* ADD, decreased alertness, failure to finish tasks, hyperactivity, impulsive behavior, poor concentration.

Dopamine Boosters for Brain Energy

	Minor Deficit (0-5)	Moderate Deficit (6-15)	Major Deficit (15+)
Phenylalanine	500 mg	1000 mg	1000-2000 mg
Tyrosine	500 mg	1000 mg	1000-2000 mg
Methionine	250 mg	500 mg	1000 mg
Rhodiola	50 mg	100 mg	200 mg
Pyroxidine	5 mg	10 mg	50 mg
B complex	25 mg	50 mg	100 mg
Phosphatidylserine	50 mg	100 mg	200 mg
Ginko Biloba	50 mg	75 mg	100 mg

Dietary modifications can boost dopamine as well. Increase your intake of phenylalanine and tyrosine (use Equal as a sugar substitute), eat chicken, cottage cheese, eggs, pork, ricotta cheese, soybean products, turkey, walnuts, wheat germ, granola, oats, duck, and milk and yogurt.

To prevent dopamine burnout, practice deep breathing (from abdomen), alternating nostrils, watch nonviolent movies and TV shows, weight lifting 3 times per week. Prevent exposure to lead and cadmium. Stop smoking. A cup or two of caffeine in the morning is a very common way to increase dopamine, however this can cause insomnia or tremors if dosage is too high or it is taken too late in the day.

Acetylcholine Deficiency

Deficient Acetylcholine Acetylcholine controls your brain speed and the rate at which electrical signals are processed, connecting your physical experiences to memories and thoughts. When your brain speed slows with deficient acetylcholine, the brain does not have time to connect all the new stimuli to previously stored information, so it is discarded when the new information pours in. Your recall may become spotty, and you may not react to sensory stimuli as fast as before. This causes forgetfulness.

Physical issues: Agitation, Alzheimers, anxiety, arthritis, autism, high cholesterol, decreased sexual ability, diabetes, problems urinating, dry cough, dry mouth, dyslexia, frequent urination, eye disorders, fat cravings, frequent bowel movements, glaucoma, lack of arousal, inflammatory problems, multiple sclerosis, osteoporosis, reading/writing disorders, slowness of movement, speech problems

Personality issues: Bipolar disorder, math errors, changes in personality and language, hysterical behavior, mood swings, rule breaking.

Memory issues: Learning disorders, loss of immediate visual and verbal memory, memory disturbance, memory lapses

Attention issues: Attention problems, difficulty concentrating, diminished comprehension, impaired abstract thinking, impaired creativity.

Acetylcholine Boosters

	Minor Deficit (0-5)	Moderate Deficit (6-15)	Major Deficit (15+)
Choline (GPC choline)	100 mg	200 mg	500 mg
Phosphatidylcholine	500 mg	1000 mg	2000 mg
Phosphatidylserine	50 mg	100 mg	200 mg

Acetyl-L-carnitine	250 mg	500 mg	1000 mg
DHA (Docosahexaenoic acid)	200 mg	500 mg	1000 mg
Thiamine	25 mg	50 mg	100 mg
Pantothenic Acid	25 mg	50 mg	100 mg
Vitamin B12	100 mg	200 mg	500 mg
Taurine	250 mg	500 mg	1000 mg
Huperzine-A	50 mg	100 mg	200 mg
Ginkgo Biloba	50 mg	75 mg	100 mg
Korean Ginseng	100 mg	200 mg	500 mg

GABA Deficiency

Deficient GABA Gaba is produced in the temporal lobes and is associated throughout the brain with calming, rhythmic theta waves – the “idling frequency” of neurons. GABA is the major inhibitory neurotransmitter of the brain, which keeps all of the other biochemicals in check. GABA controls the brain's rhythm so that you function mentally and physically at a steady pace. When your rhythm is thrown off by a GABA deficiency, you may begin to feel anxious, nervous, or irritable. Without enough GABA, your brain produces energy in bursts, which impacts your emotional well-being.

Physical issues: Tremors, allergies, appetite changes, backache, blurred vision, carbohydrate cravings, chest pain, clammy hands, constipation, decreased libido, diarrhea, difficulty swallowing, dizziness, dry mouth, excessive sleepiness, headache, hypertension, hyperventilation, insomnia, irritable bowel syndrome, muscle loss, muscle tension, nausea, night sweats, paresthesias, PMS, protein cravings, seizures, shortness of breath, stroke, heart palpitations, ringing in ears, trembling, twitching, urinary frequency.

Personality issues: Problems adjusting to stress, anxiety, depression, feelings of dread, excessive guilt, worthlessness, hopelessness, emotional immaturity, manic depression, obsessive compulsive disorder, phobias, rage, restlessness, thoughts of suicide, psychosis.

Memory issues: Learning disorders, loss of immediate visual and verbal memory, memory disturbance, memory lapses

Attention issues: Poor verbal memory, global memory problems. Attention Issues: Difficulty concentrating, disorganized attention pattern associated with anxiety, high anxiety, impulsive attention errors (jumping the gun, erratic driving), inability to think clearly.

GABA Boosters

	Minor Deficit (0-5)	Moderate Deficit (6-15)	Major Deficit (15+)
Inositol	500 mg	1000 mg	2000 mg
GABA (not well-absorbed)	100 mg	500 mg	1000 mg
Glutamic Acid	250 mg	500 mg	1000 mg
Melatonin (at night)	1 mg	2 mg	3-6 mg
Thiamine	200 mg	400 mg	600 mg
Niacinamide	25 mg	100 mg	500 mg
Pyridoxine	5 mg	10 mg	50 mg
Valerian root	100 mg	200 mg	500 mg
Passionflower	200 mg	500 mg	1000 mg

Serotonin Deficiency

Serotonin Deficiency Serotonin is produced in great quantities in the occipital lobes and helps create the neurological electricity for sight and rest, and also controls your cravings. The occipital lobes maintain your brain's overall balance, or synchrony, by regulating the output of all the primary brain waves. The four brain waves appear in varying combinations throughout the day, but at night serotonin allows the brain to recharge and rebalance. If these brain waves are out of sync, the left and right sides of your brain will be out of balance, and you might feel like you are going off the edge; you are overtired, out of control, and unable to get a restful sleep. When serotonin is unbalanced, your brain's ability to recharge itself is compromised. Serotonin burnout can occur from experiencing too much excitement or not getting enough sleep. When this happens, you simply cannot think clearly.

Physical issues: Aches and soreness, allergies, arthritis, backache, blurred vision, carbohydrate cravings, clammy hands, constipation or diarrhea, difficulty swallowing, dizziness, drug or alcohol addiction, drug reactions, dry mouth, hallucinations, headaches, high pain/pleasure threshold, hypersensitivity, excessive sleeping, hypertension, insomnia, muscle tension, nausea, night sweats, palpitations, paresthesias, PMS, premature ejaculation, premature orgasm for women, salt cravings, tachycardia, ringing in ears, tremors, urinary frequency, vomiting, weight gain.

Personality issues: Codependency, depersonalization, depression, impulsiveness, lack of artistic appreciation, lack of common sense, lack of pleasure, social isolation, masochistic tendencies, obsessive compulsive disorder, paranoia, perfectionism, phobias, rage, self-absorption, shyness.

Memory issues: Confusion, memory loss, too many ideas to manage.

Attention issues: Difficulty concentrating, hypervigilance, restlessness, slow reaction time.

Serotonin Boosters

	Minor Deficit (0-5)	Moderate Deficit (6-15)	Major Deficit (15+)
Calcium	500 mg	750 mg	1000 mg
Fish oil (pharmaceutical grade)	500 mg	1000 mg	2000 mg
5-HTP (with decarboxylase inhibitor)	100 mg	200 mg	500 mg
Magnesium	200 mg	400 mg	600 mg
Melatonin (at night)	1/3 mg	1/2-2 mg	1-6 mg
Passionflower	200 mg	500 mg	1000 mg
Pyridoxine	5 mg	10 mg	50 mg
SAM-e	50 mg	100 mg	200 mg
St. John's Wort	200 mg	400 mg	600 mg
Tryptophan (prescription)	500 mg	1000 mg	1500-2000 mg
Zinc	15 mg	30 mg	45 mg

Part 3: Resources

- What Type of Athlete are You? (This Test Will Tell You.) (<http://www.theinertia.com/surf/the-five-elements-of-athlete-its-all-about-neurotransmitters/>) Write up about Braverman's test
- 5 Things I Learned at Charles Poliquin's Advanced Program Design Seminar (<http://www.cleanhealth.com.au/5-things-i-learned-at-charles-poliquins-advanced-program-design-seminar/>) Applying Braverman's Test to training.
- Charles Poliquin - Mass Building Program (Tim Ferriss Show) (<http://fourhourworkweek.com/2016/11/06/charles-poliquin-mass-building-program/>) Podcast that covers Braverman's test and usage for training and muscle building.
- Another Blog - more explanation for your results. (<http://www.signaturefitness.com.au/blog/83-what-goes-up-must-come-down>)