

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

	True	False
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 a good imagination		
I tend to criticize and analyze my thoughts		

Physical

True

False

	True	False
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 reenergize my body		
I love action movies		
Exercising makes me feel powerful		

Personality	True	False
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 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	True	False
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	True	False
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	True	False
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	True	False
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	True	False
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 me of as having vision		
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

True False

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

True False

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

True False

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 universes		
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	True	False
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, principles, and policies		
I believe in participating in service for the community		

Total number of TRUE responses:

4A

Memory and attention	True	False
I can easily concentrate on manual labour 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 need to experience something or work at it hands-on in order to understand it		

Physical	True	False
I sleep too much		
When it comes to sex, I am very experimental		
I have low blood pressure		
I am very action-oriented		
I am very 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	True	False
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'm 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 favourite 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	True	False
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		

Total number of TRUE responses:
