

BRAVERMAN NATURE ASSESSMENT

VERY IMPORTANT:

In order for Dr Aniria to treat you effectively and/or improve your quality of life you have to answer all the questions extremely truthfully.

WE DO NOT look at your answers, it is for your records and eyes only. YOU KEEP PAGES 1 TO 7

Please fill in your totals on page 8 that reads: TOTALS OF YOUR TRUE RESPONSES

SUBMIT ONLY PAGE 8. Thank you.

PART 1: DETERMINING YOUR DOMINANT NATURE

1A Memory and Attention:

1	I find it easy to process my thoughts.	TRUE	FALSE
2	I concentrate effectively.	TRUE	FALSE
3	I am a deep thinker.	TRUE	FALSE
4	I am a quick thinker.	TRUE	FALSE
5	I become distracted because I do so many tasks at once.	TRUE	FALSE
6	I enjoy intense debate.	TRUE	FALSE
7	I have a good imagination.	TRUE	FALSE
8	I tend to criticize and analyse my thoughts.	TRUE	FALSE

1A Physical:

9	I have a lot of energy most of the time.	TRUE	FALSE
10	My blood pressure is often elevated.	TRUE	FALSE
11	Sometimes in my life I have had episodes of extreme energy.	TRUE	FALSE
12	I have insomnia.	TRUE	FALSE
13	I find exercising invigorating.	TRUE	FALSE
14	I don't ordinarily need coffee to jump-start me in the morning.	TRUE	FALSE
15	My veins are visible and tend to look as though they might pop out of my skin.	TRUE	FALSE
16	I tend to have a high body temperature.	TRUE	FALSE
17	I eat my lunch while I'm working.	TRUE	FALSE
18	I have a temper.	TRUE	FALSE
19	I eat only to reenergize my body.	TRUE	FALSE
20	I love action movies.	TRUE	FALSE
21	Exercising makes me feel powerful.	TRUE	FALSE

1A Personality:

22	I am a very domineering individual.	TRUE	FALSE
23	I sometimes don't notice my feelings.	TRUE	FALSE
24	I often have trouble listening to others because my own ideas dominate.	TRUE	FALSE
25	I have been in many physical altercations.	TRUE	FALSE
26	I tend to be future-oriented.	TRUE	FALSE
27	I am sometimes speculative.	TRUE	FALSE
28	Most people view me as thinking-oriented.	TRUE	FALSE
29	I daydream and often fantasize.	TRUE	FALSE
30	I like to read history and other nonfiction books.	TRUE	FALSE
31	I admire ingenuity.	TRUE	FALSE
32	I can be slow in identifying how people can cause trouble.	TRUE	FALSE
33	I don't usually get tricked by people who say they need my help.	TRUE	FALSE
34	Most people view me as innovative.	TRUE	FALSE
35	People have thought I have had some strange ideas, but I can always explain the basis for them rationally.	TRUE	FALSE
36	I am often agitated or irritated.	TRUE	FALSE
37	Little things make me anxious or upset.	TRUE	FALSE
38	I have fantasies of unlimited power.	TRUE	FALSE
39	I love spending money.	TRUE	FALSE
40	I dominate others in my relationship.	TRUE	FALSE
41	I am very hard on myself.	TRUE	FALSE
42	I react aggressively to criticism, often becoming defensive in front of others.	TRUE	FALSE

1A	Character:		
43	Some individuals view me as tough-minded.	TRUE	FALSE
44	Most people view me as achievement-oriented.	TRUE	FALSE
45	Some people say that I am irrational.	TRUE	FALSE
46	I will do anything to reach a goal.	TRUE	FALSE
47	I value a religious philosophy.	TRUE	FALSE
48	Incompetence makes me angry.	TRUE	FALSE
49	I have high standards for myself and for others.	TRUE	FALSE

Total number of T (true) responses in 1A: _____

2A	Memory and Attention:		
50	My memory is very strong.	TRUE	FALSE
51	I am an excellent listener.	TRUE	FALSE
52	I am good at remembering stories.	TRUE	FALSE
53	I usually do not forget a face.	TRUE	FALSE
54	I am very creative.	TRUE	FALSE
55	I have an excellent attention span and rarely miss a thing.	TRUE	FALSE
56	I have many good hunches.	TRUE	FALSE
57	I notice everything going on around me.	TRUE	FALSE
58	I have a good imagination.	TRUE	FALSE

2A	Physical:		
59	I tend to have a slow pulse.	TRUE	FALSE
60	My body has excellent tone.	TRUE	FALSE
61	I have a great figure/build.	TRUE	FALSE
62	I have low cholesterol.	TRUE	FALSE
63	When I eat, I love to experience the aromas and the beauty of food.	TRUE	FALSE
64	I love yoga and stretching my muscles.	TRUE	FALSE
65	During sex I am very sensual.	TRUE	FALSE
66	I have had an eating disorder at some point in my life.	TRUE	FALSE
67	I have tried many alternative remedies.	TRUE	FALSE

2A	Personality:		
68	I am a perpetual romantic.	TRUE	FALSE
69	I am in touch with my feelings.	TRUE	FALSE
70	I tend to make decisions based on hunches.	TRUE	FALSE
71	I like to speculate.	TRUE	FALSE
72	Some people say I have my head in the clouds.	TRUE	FALSE
73	I love reading fiction.	TRUE	FALSE
74	I have a rich fantasy life.	TRUE	FALSE
75	I am creative when solving people problems.	TRUE	FALSE
76	I am very expressive; I like to talk about what's bothering me.	TRUE	FALSE
77	I am buoyant.	TRUE	FALSE
78	I believe that it is possible to have a mystical experience.	TRUE	FALSE
79	I believe in being a soul mate.	TRUE	FALSE
80	Sometimes the mystical can excite me.	TRUE	FALSE
81	I tend to overreact to my body.	TRUE	FALSE
82	I find it easy to change; I am not set in my ways.	TRUE	FALSE
83	I am deeply in touch with my emotions.	TRUE	FALSE
84	I tend to love someone one minute and hate him or her the next.	TRUE	FALSE
85	I am flirtatious.	TRUE	FALSE
86	I don't mind spending money if it benefits my relationships.	TRUE	FALSE
87	I tend to fantasize when I'm having sex.	TRUE	FALSE
88	My relationship tend to be filled with romance.	TRUE	FALSE
89	I love watching romantic movies.	TRUE	FALSE
90	I take risks in my love life.	TRUE	FALSE

2A	Character:		
91	I foresee a better future.	TRUE	FALSE
92	I am inspired to help other people.	TRUE	FALSE

93	I believe that all things are possible, particularly for those who are devoted.	TRUE	FALSE
94	I am good at creating harmony between people.	TRUE	FALSE
95	Charity and altruism come from the heart, and I have plenty of both.	TRUE	FALSE
96	Others think of me as having vision.	TRUE	FALSE
97	My thoughts on religion often change.	TRUE	FALSE
98	I am an idealist, but not a perfectionist.	TRUE	FALSE
99	I'm happy with someone who just treats me right.	TRUE	FALSE

Total number of T (true) responses in 2A: _____

3A Memory and Attention:

100	I have a stable attention span and can follow other people's logic.	TRUE	FALSE
101	I enjoy reading people more than books.	TRUE	FALSE
102	I retain most of what I hear.	TRUE	FALSE
103	I can remember facts people tell me.	TRUE	FALSE
104	I learn from my experiences.	TRUE	FALSE
105	I am good at remembering names.	TRUE	FALSE
106	I can focus very well on tasks and people's stories.	TRUE	FALSE

3A Physical:

107	I find it easy to relax.	TRUE	FALSE
108	I am a calm person.	TRUE	FALSE
109	I find it easy to fall asleep at night.	TRUE	FALSE
110	I tend to have high physical endurance.	TRUE	FALSE
111	I have low blood pressure.	TRUE	FALSE
112	I do not have a family history of stroke.	TRUE	FALSE
113	When it comes to sex, I am not very experimental.	TRUE	FALSE
114	I have little muscle tension.	TRUE	FALSE
115	Caffeine has little effect on me.	TRUE	FALSE
116	I take my time eating my meals.	TRUE	FALSE
117	I sleep well.	TRUE	FALSE
118	I don't have many harmful food cravings such as sugar.	TRUE	FALSE
119	Exercising is a regimented habit for me.	TRUE	FALSE

3A Personality:

120	I am not very adventurous.	TRUE	FALSE
121	I do not have a temper.	TRUE	FALSE
122	I have a lot of patience.	TRUE	FALSE
123	I don't enjoy philosophy.	TRUE	FALSE
124	I love watching sitcoms about families.	TRUE	FALSE
125	I dislike movies about other worlds or universes.	TRUE	FALSE
126	I am not a risk taker.	TRUE	FALSE
127	I keep past experiences in mind before I make decisions.	TRUE	FALSE
128	I am a realistic person.	TRUE	FALSE
129	I believe in closure.	TRUE	FALSE
130	I like facts and details.	TRUE	FALSE
131	When I make a decision, it's permanent.	TRUE	FALSE
132	I like to plan my day, week, month, etc.	TRUE	FALSE
133	I collect things.	TRUE	FALSE
134	I am a little sad.	TRUE	FALSE
135	I'm afraid of confrontations and altercations.	TRUE	FALSE
136	I save up a lot of money in the event of a crisis.	TRUE	FALSE
137	I tend to create strong, lasting bonds with others.	TRUE	FALSE
138	I am a stable pillar in people's lives.	TRUE	FALSE

3A Character:

139	I believe in the adage "early to bed, early to rise".	TRUE	FALSE
140	I believe in meeting deadlines.	TRUE	FALSE
141	I try to please others the best I can.	TRUE	FALSE
142	I am a perfectionist.	TRUE	FALSE
143	I am good at maintaining long-lasting relationships.	TRUE	FALSE

144	I pay attention to where my money goes.	TRUE	FALSE
145	I believe that the world would be more peaceful if people would improve their morals.	TRUE	FALSE
146	I am very loyal and devoted to my loved ones.	TRUE	FALSE
147	I have high ethical standards that I live by.	TRUE	FALSE
148	I pay close attention to laws, principles and policies.	TRUE	FALSE
149	I believe in participating in service for the community.	TRUE	FALSE

Total number of T (true) responses in 3A: _____

4A Memory and Attention:

150	I can easily concentrate on manual-labor tasks.	TRUE	FALSE
151	I have a good visual memory.	TRUE	FALSE
152	I am very perceptive.	TRUE	FALSE
153	I am an impulsive thinker.	TRUE	FALSE
154	I live in the here and now.	TRUE	FALSE
155	I tend to say, "Tell me the bottom line".	TRUE	FALSE
156	I am a slow book learner, but learn easily from experiences.	TRUE	FALSE
157	I need to experience something or work at it hands-on in order to understand it.	TRUE	FALSE

4A Physical:

158	I sleep to much.	TRUE	FALSE
159	When it comes to sex, I am very experimental.	TRUE	FALSE
160	I have low blood pressure.	TRUE	FALSE
161	I am very action-oriented.	TRUE	FALSE
162	I am very handy around the house.	TRUE	FALSE
163	I am very active outdoors.	TRUE	FALSE
164	I engage in daring activities such as skydiving and motorcycle riding.	TRUE	FALSE
165	I can solve problems spontaneously.	TRUE	FALSE
166	I rarely have carbohydrate cravings.	TRUE	FALSE
167	I usually grab a quick meal on the run.	TRUE	FALSE
168	I'm not very consistent with my exercise routines; I may exercise daily for three weeks and then skip it for a month.	TRUE	FALSE

4A Personality:

169	I live life in the immediate moment.	TRUE	FALSE
170	I like to perform/entertain in public.	TRUE	FALSE
171	I tend to go gather facts in an unorganized manner.	TRUE	FALSE
172	I am very flexible.	TRUE	FALSE
173	I am a great negotiator.	TRUE	FALSE
174	I often just like to "eat, drink and be merry."	TRUE	FALSE
175	I am dramatic.	TRUE	FALSE
176	I am very artistic.	TRUE	FALSE
177	I am a good craftsman.	TRUE	FALSE
178	I'm a risk taker when it comes to sports.	TRUE	FALSE
179	I believe in psychics.	TRUE	FALSE
180	I can easily take advantage of others.	TRUE	FALSE
181	I like to have fun.	TRUE	FALSE
182	My favourite types of movies are horror flicks.	TRUE	FALSE
183	I am fascinated with weapons.	TRUE	FALSE
184	I rarely stick to a plan or agenda.	TRUE	FALSE
185	I have trouble remaining faithful.	TRUE	FALSE
186	I am easily able to separate and move on when relationships with loved ones end.	TRUE	FALSE
187	I don't pay much attention to how I spend my money.	TRUE	FALSE
188	I have many frivolous relationships.	TRUE	FALSE

4A Character:

189	I always keep my options open in case something better comes up.	TRUE	FALSE
190	I don't like working hard for long periods of time.	TRUE	FALSE
191	I believe things should have a function and purpose.	TRUE	FALSE
192	I am optimistic.	TRUE	FALSE
193	I live in the moment.	TRUE	FALSE

194	I pray only when I'm in need of spiritual support.	TRUE	FALSE
195	I don't have particularly high morals and ethical values.	TRUE	FALSE
196	I do what I want, when I want to.	TRUE	FALSE
197	I don't care about being perfect; I just live my life.	TRUE	FALSE
198	Savings are for suckers.	TRUE	FALSE

Total number of T (true) responses in 4A: _____

PART 2: DEFINING YOUR DEFICIENCIES

1B Memory and Attention:

1	I have trouble paying consistent attention and concentrating.	TRUE	FALSE
2	I need caffeine to wake up.	TRUE	FALSE
3	I cannot think quickly enough.	TRUE	FALSE
4	I do not have a good attention span.	TRUE	FALSE
5	I have trouble getting through a task even when it is interesting to me.	TRUE	FALSE
6	I am slow in learning new ideas.	TRUE	FALSE

1B Physical:

7	I crave sugar.	TRUE	FALSE
8	I have decreased libido.	TRUE	FALSE
9	I sleep too much.	TRUE	FALSE
10	I have a history of alcohol or addiction.	TRUE	FALSE
11	I have recently felt worn out for no apparent reason.	TRUE	FALSE
12	I sometimes experience total exhaustion without even exerting myself.	TRUE	FALSE
13	I have always battled weight problems.	TRUE	FALSE
14	I have little motivation for sexual experiences.	TRUE	FALSE
15	I have trouble getting out of bed in the morning.	TRUE	FALSE
16	I have had a craving for cocaine, amphetamines or Ecstasy.	TRUE	FALSE

1B Personality:

17	I am feeling very down or depressed.	TRUE	FALSE
18	People have told me I am too mellow.	TRUE	FALSE
19	I have little urgency.	TRUE	FALSE
20	I let people criticize me.	TRUE	FALSE
21	I always look to others to lead me.	TRUE	FALSE

1B Character:

22	I have lost my reasoning skills.	TRUE	FALSE
23	I can't make good decisions.	TRUE	FALSE

Total number of T (true) responses in 1B: _____

2B Memory and Attention:

24	I lack imagination.	TRUE	FALSE
25	I have difficulty remembering names when I first meet people.	TRUE	FALSE
26	I have noticed that my memory ability is decreasing.	TRUE	FALSE
27	My significant other tells me I don't have romantic thoughts.	TRUE	FALSE
28	I can't remember my friends birthdays.	TRUE	FALSE
29	I have lost some of my creativity.	TRUE	FALSE

2B Physical:

30	I have insomnia.	TRUE	FALSE
31	I have lost muscle tone.	TRUE	FALSE
32	I don't exercise anymore.	TRUE	FALSE
33	I crave fatty foods.	TRUE	FALSE
34	I have experimented with hallucinogens or other illicit drugs.	TRUE	FALSE
35	I feel like my body is falling apart.	TRUE	FALSE
36	I can't breathe easily.	TRUE	FALSE

2B Personality:

37	I don't feel joy very often.	TRUE	FALSE
38	I feel despair.	TRUE	FALSE

39	I protect myself from being hurt by others by never telling much about myself.	TRUE	FALSE
40	I find it more comfortable to do thing alone rather than in a large group.	TRUE	FALSE
41	Other people get angrier about bothersome things than I do.	TRUE	FALSE
42	I give in easily and tend to be submissive.	TRUE	FALSE
43	I rarely feel passionate about anything.	TRUE	FALSE
44	I like routine.	TRUE	FALSE

2B Character:

45	I don't care about anyone's stories but mine.	TRUE	FALSE
46	I don't pay attention to people's feelings.	TRUE	FALSE
47	I don't feel buoyant.	TRUE	FALSE
48	I'm obsessed with my deficiencies.	TRUE	FALSE

Total number of T (true) responses in 2B:

3B Memory and Attention:

49	I find it difficult to concentrate because I'm nervous and jumpy.	TRUE	FALSE
50	I can't remember phone numbers.	TRUE	FALSE
51	I have trouble finding the right word.	TRUE	FALSE
52	I have trouble remembering things when I am put on the spot.	TRUE	FALSE
53	I know I am intelligent, but it is hard to show others.	TRUE	FALSE
54	My ability to focus comes and goes.	TRUE	FALSE
55	When I read, I find I have to go back over the same paragraph a few times to absorb the information.	TRUE	FALSE
56	I am a quick thinker but can't always say what I mean.	TRUE	FALSE

3B Physical:

57	I feel shaky.	TRUE	FALSE
58	I sometimes tremble.	TRUE	FALSE
59	I have frequent backaches and/or headaches.	TRUE	FALSE
60	I tend to have shortness of breath.	TRUE	FALSE
61	I tend to have heart palpitations.	TRUE	FALSE
62	I tend to have cold hands.	TRUE	FALSE
63	I sometimes sweat too much.	TRUE	FALSE
64	I am sometimes dizzy.	TRUE	FALSE
65	I often have muscle tension.	TRUE	FALSE
66	I tend to get butterflies in my stomach.	TRUE	FALSE
67	I crave bitter foods.	TRUE	FALSE
68	I am often nervous.	TRUE	FALSE
69	I like yoga because it helps me to relax	TRUE	FALSE
70	I often feel fatigued even when I have had a good nights sleep.	TRUE	FALSE
71	I overeat.	TRUE	FALSE

3B Personality:

72	I have mood swings.	TRUE	FALSE
73	I enjoy doing many things at one time, but find it difficult to decide what to do 1st.	TRUE	FALSE
74	I tend to do things just because I think they'd be fun.	TRUE	FALSE
75	When things are dull, I always try to introduce some excitement.	TRUE	FALSE
76	I tend to be fickle, changing my mood and thoughts frequently.	TRUE	FALSE
77	I tend to get overly excited about things.	TRUE	FALSE
78	My impulses tend to get me into a lot of trouble.	TRUE	FALSE
79	I tend to be theatrical and draw attention to myself.	TRUE	FALSE
80	I speak my mind no matter what the reaction of others may be.	TRUE	FALSE
81	I sometimes have fits of rage and then feel terribly guilty.	TRUE	FALSE
82	I often tell lies to get out of trouble.	TRUE	FALSE
83	I have always had less interest than the average person in sex.	TRUE	FALSE

3B Character:

84	I don't play by the rules anymore.	TRUE	FALSE
85	I have lost my friends.	TRUE	FALSE
86	I can't sustain romantic relationships.	TRUE	FALSE
87	I consider the law arbitrary and without reason.	TRUE	FALSE
88	I now consider rules that I used to follow ridiculous.	TRUE	FALSE

Total number of T (true) responses in 3B: _____

4B Memory and Attention:

89	I am not very perceptive.	TRUE	FALSE
90	I cant remember things that I have seen in the past.	TRUE	FALSE
91	I have a slow reaction time.	TRUE	FALSE
92	I have a poor sense of direction.	TRUE	FALSE

4B Physical:

93	I have night sweats.	TRUE	FALSE
94	I have insomnia.	TRUE	FALSE
95	I tend to sleep in many different positions in order to feel comfortable.	TRUE	FALSE
96	I always awake early in the mornings.	TRUE	FALSE
97	I can't relax.	TRUE	FALSE
98	I wake up at least two times per night.	TRUE	FALSE
99	It is difficult for me to fall back asleep when I am awakened.	TRUE	FALSE
100	I crave salt SALT	TRUE	FALSE
101	I have less energy to exercise.	TRUE	FALSE
102	I am sad.	TRUE	FALSE

4B Personality:

103	I have chronic anxiety.	TRUE	FALSE
104	I am easily irritated.	TRUE	FALSE
105	I have thoughts of self-destruction.	TRUE	FALSE
106	I have had suicidal thoughts in my life.	TRUE	FALSE
107	I tend to dwell on ideas too much.	TRUE	FALSE
108	I am sometimes so structured that I become inflexible.	TRUE	FALSE
109	My imagination takes over.	TRUE	FALSE
110	Fear grips me.	TRUE	FALSE

4B Character:

111	I can't stop thinking about the meaning of life.	TRUE	FALSE
112	I no longer want to take risks.	TRUE	FALSE
113	The lack of meaning in my life is painful to me.	TRUE	FALSE

Total number of T (true) responses in 4B: _____

**WRITE DOWN THE AMOUNT (TOTALS) OF YOUR TRUE RESPONSES ON PAGE 8.
PLEASE HAND IN PAGE 8 ONLY!!**

BRAVERMAN NATURE ASSESSMENT TOTALS

NAME & SURNAME: _____

DATE OF BIRTH: _____

DATE OF ASSESSMENT: _____

TOTALS OF YOUR TRUE RESPONSES:

DETERMINING YOUR DOMINANT NATURE

1A

Total number of TRUE responses in 1A

2A

Total number of TRUE responses in 2A

3A

Total number of TRUE responses in 3A

4A

Total number of TRUE responses in 4A

DEFINING YOUR DEFICIENCIES

1B

Total number of TRUE responses in 1B

2B

Total number of TRUE responses in 2B

3B

Total number of TRUE responses in 3B

4B

Total number of TRUE responses in 4B

FOR DOCTORS USE ONLY

DOMINANT NATURE

1A

Dopamine nature:

2A

Acetylcholine nature:

3A

GABA nature:

4A

Serotonin nature:

DEFICIENCIES

1B

Dopamine deficiency:

2B

Acetylcholine deficiency:

3B

GABA deficiency:

4B

Serotonin deficiency:
