

# Braverman Assessment

## Part 1: Dominant Nature

Answer each question by choosing either true or false. At the end of each group (1-4), record only the number of TRUE responses. Answer the questions in terms of how you feel most of the time, not just today.

**1A**

**T F**

### Memory and Attention

- 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

- 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 re-energize my body. \_\_\_\_\_
- I love action movies. \_\_\_\_\_
- Exercising makes me feel powerful. \_\_\_\_\_

### Personality

- 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**

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**

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**2A**

**Memory and Attention**

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**

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**

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**

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 of me as having vision. \_\_\_\_\_

My thoughts on religion often change. \_\_\_\_\_



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**

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**

I can easily concentrate on manual labor 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**

I sleep too much.	_____	_____
When it comes to sex, I am very experimental.	_____	_____
I have very 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**

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 favorite 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**

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**



**RESULTS**

1A (total number of true responses)

Dopamine nature



2A

Acetylcholine nature



3A

GABA nature



4A

Serotonin nature

