

Braverman Test - Your scores

First name	John
Last name	Doe
Email	hello@bravermantest.net
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Part 1: Determining your dominant nature

Part 1 | Dopamine | 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	
Total number of True - Part 1 Dopamine Memory and attention	5

Part 1 | Dopamine | 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 reenergize my body	
I love action movies	
Exercising makes me feel powerful	
Total number of True - Part 1 Dopamine Physical	8

Part 1 | Dopamine | 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 - Part 1 Dopamine Character	4

Part 1 | Dopamine | 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 fights	
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 non-fiction 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 relationships	
I am very hard on myself	
I react aggressively to criticism, often becoming defensive in front of others	
Total number of True - Part 1 Dopamine Personality	12

Total number of True responses - Dopamine nature	29
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Part 1 | Acetylcholine | Memory and attention

My memory is very strong	
I am an excellent listener	

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I am good at remembering stories	
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	
Total number of True - Part 1 Acetylcholine Memory and attention	6

Part 1 | Acetylcholine | Physical

I tend to have a slow pulse	
My body has excellent tone	
I have a great figure/build	
I have really 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	
Total number of True - Part 1 Acetylcholine Physical	5

Part 1 | Acetylcholine | 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 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 - Part 1 Acetylcholine Character	6

Part 1 | Acetylcholine | 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	

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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 things; 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 True	
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	
Total number of True - Part 1 Acetylcholine Personality	13
Total number of True responses - Acetylcholine nature	30

Part 1 | GABA | Memory and attention

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	
Total number of True - Part 1 GABA Memory and attention	4

Part 1 | GABA | Physical

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	

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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	
Total number of True - Part 1 GABA Physical	8

Part 1 | GABA | 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 upon 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 - Part 1 GABA Character	6

Part 1 | GABA | Personality

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	

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I am 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	
Total number of True - Part 1 GABA Personality	11
Total number of True responses - GABA nature	29

Part 1 | Serotonin | 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	
Total number of True - Part 1 Serotonin Memory and attention	5

Part 1 | Serotonin | Physical

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 usually not very consistent with my exercise routine; I may exercise daily for three weeks and then skip it for a month	
Total number of True - Part 1 Serotonin Physical	7

Part 1 | Serotonin | 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 - Part 1 Serotonin Character	6

Part 1 | Serotonin | 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 type 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	
Total number of True - Part 1 Serotonin Personality	12

Total number of True responses - Serotonin nature	30
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Part 2: Defining your deficiencies

Part 2 | Dopamine | Memory and attention

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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	
Total number of True - Part 2 Dopamine Memory and attention	3

Part 2 | Dopamine | 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 little trouble getting out of bed in the morning	
I have had a craving for cocaine, amphetamines, or Ecstasy	
Total number of True - Part 2 Dopamine Physical	7

Part 2 | Dopamine | Character

I have lost my reasoning skills	
I can't make good decisions	
Total number of True - Part 2 Dopamine Character	2

Part 2 | Dopamine | 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	
Total number of True - Part 2 Dopamine Personality	4
Total number of True responses - Dopamine deficiency	16

Part 2 | Acetylcholine | Memory and attention

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 friend's birthday	
I have lost some of my creativity	
Total number of True - Part 2 Acetylcholine Memory and attention	3

Part 2 | Acetylcholine | Physical

I have insomnia	
I have lost muscle tone	
I don't exercise anymore	
I crave fatty food	
I have experimented with hallucinogens or other illicit drugs	
I feel like my body is falling apart	
I can't breathe easily	
Total number of True - Part 2 Acetylcholine Physical	4

Part 2 | Acetylcholine | Character

I don't care about anyone's stories but my own	
I don't pay attention to people's feelings	
I don't feel buoyant	
Total number of True - Part 2 Acetylcholine Character	2

Part 2 | Acetylcholine | 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	
Total number of True - Part 2 Acetylcholine Personality	5

Total number of True responses - Acetylcholine deficiency

14

Part 2 | GABA | Memory and attention

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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	
Total number of True - Part 2 GABA Memory and attention	5

Part 2 | GABA | 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 overeat	
Total number of True - Part 2 GABA Physical	8

Part 2 | GABA | 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	
Total number of True - Part 2 GABA Character	3

Part 2 | GABA | Personality

I have mood swings	
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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	
Total number of True - Part 2 GABA Personality	8
Total number of True responses - GABA deficiency	24

Part 2 | 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	
Total number of True - Part 2 Serotonin Memory and attention	3

Part 2 | Serotonin | 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	
Total number of True - Part 2 Serotonin Physical	7

Part 2 | Serotonin | Character

I can't stop thinking about the meaning of life	
I no longer want to take risks	

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The lack of meaning in my life is painful to me	
Total number of True - Part 2 Serotonin Character	2

Par 2 | Serotonin | 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	
Total number of True - Part 2 Serotonin Personality	5
Total number of True responses - Serotonin deficiency	17