

Braverman Test - Your answers and scores

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Part 1: Determining your dominant nature

Part 1 | Dopamine | Memory and attention

I find it easy to process my thoughts	true
I concentrate effectively	false
I am a deep thinker	true
I am a quick thinker	false
I become distracted because I do so many tasks at once	true
I enjoy intense debate	false
I have a good imagination	true
I tend to criticize and analyze my thoughts	false
Total number of True - Part 1 Dopamine Memory and attention	8

Part 1 | Dopamine | Physical

I have a lot of energy most of the time	true
My blood pressure is often elevated	false
Sometimes in my life I have had episodes of extreme energy	true
I have insomnia	false
I find exercising invigorating	true
I don't ordinarily need coffee to jump-start me in the morning	false
My veins are visible and tend to look as though they might pop out of my skin	true
I tend to have a high body temperature	false
I eat my lunch while I'm working	true
I engage in sexual intercourse any chance I get	false
I have a temper	true
I eat only to reenergize my body	false
I love action movies	true

Exercising makes me feel powerful	false
Total number of True - Part 1 Dopamine Physical	14

Part 1 | Dopamine | Character

Some individuals view me as tough-minded	true
Most people view me as achievement-oriented	false
Some people say that I am irrational	true
I will do anything to reach a goal	false
I value a religious philosophy	true
Incompetence makes me angry	false
I have high standards for myself and for others	true
Total number of True - Part 1 Dopamine Character	7

Part 1 | Dopamine | Personality

I am a very domineering individual	true
I sometimes don't notice my feelings	false
I often have trouble listening to others because my own ideas dominate	true
I have been in many fights	false
I tend to be future-oriented	true
I am sometimes speculative	false
Most people view me as thinking-oriented	true
I daydream and often fantasize	false
I like to read history and other non-fiction books	true
I admire ingenuity	false
I can be slow in identifying how people can cause trouble	true
I don't usually get tricked by people who say they need my help	false
Most people view me as innovative	true
People have thought I have had some strange ideas, but I can always explain the basis for them rationally	false
I am often agitated or irritated	true
Little things make me anxious or upset	false
I have fantasies of unlimited power	true
I love spending money	false
I dominate others in relationships	false
I am very hard on myself	false
I react aggressively to criticism, often becoming defensive in front of others	true

Total number of True - Part 1 Dopamine Personality	21
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Total number of True responses - Dopamine nature	50
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Part 1 | Acetylcholine | Memory and attention

My memory is very strong	true
I am an excellent listener	false
I am good at remembering stories	true
I am very creative	true
I have an excellent attention span and rarely miss a thing	false
I have many good hunches	true
I notice everything going on around me	false
I have a good imagination	true
Total number of True - Part 1 Acetylcholine Memory and attention	9

Part 1 | Acetylcholine | Physical

I tend to have a slow pulse	true
My body has excellent tone	false
I have a great figure/build	true
I have really low cholesterol	false
When I eat, I love to experience the aromas and the beauty of food	true
I love yoga and stretching my muscles	false
During sex, I am very sensual	true
I have had an eating disorder at some point in my life	false
I have tried many alternative remedies	true
Total number of True - Part 1 Acetylcholine Physical	9

Part 1 | Acetylcholine | Character

I foresee a better future	true
I am inspired to help other people	false
I believe that all things are possible, particularly for those who are devoted	true
I am good at creating harmony between people	false
Charity and altruism come from the heart, and I have plenty of both	true
Others think me of as having vision	false
My thoughts on religion often change	true
I am an idealist, but not a perfectionist	false

I'm happy with someone who just treats me right	true
Total number of True - Part 1 Acetylcholine Character	9

Part 1 | Acetylcholine | Personality

I am a perpetual romantic	true
I am in touch with my feelings	false
I tend to make decisions based on hunches	true
I like to speculate	false
Some people say I have my head in the clouds	true
I love reading fiction	false
I have a rich fantasy life	true
I am creative when solving people problems	false
I am very expressive; I like to talk about what's bothering me	true
I am buoyant	false
I believe that it is possible to have a mystical experience	true
I believe in being a soul mate	false
Sometimes the mystical can excite me	true
I tend to overreact to my body	false
I find it easy to change things; I am not set in my ways	true
I am deeply in touch with my emotions	false
I tend to love someone one minute and hate him or her the next	true
I am flirtatious	false
I don't mind spending money if it benefits my relationships	false
I tend to fantasize when I'm having sex	true
My relationships tend to be filled with romance	false
I love watching romantic movies	true
I take risks in my love life	false
Total number of True - Part 1 Acetylcholine Personality	23

Total number of True responses - Acetylcholine nature

50

Part 1 | GABA | Memory and attention

I have a stable attention span and can follow other people's logic	true
I enjoy reading people more than books	false
I retain most of what I hear	true
I can remember facts people tell me	false

I learn from my experiences	true
I am good at remembering names	false
I can focus very well on tasks and people's stories	true
Total number of True - Part 1 GABA Memory and attention	7

Part 1 | GABA | Physical

I find it easy to relax	true
I am a calm person	false
I find it easy to fall asleep at night	true
I tend to have high physical endurance	false
I have low blood pressure	true
I do not have a family history of stroke	false
When it comes to sex, I am not very experimental	true
I have little muscle tension	false
Caffeine has little effect on me	true
I take my time eating my meals	false
I sleep well	false
I don't have many harmful food cravings such as sugar	false
Exercising is a regimented habit for me	
Total number of True - Part 1 GABA Physical	13

Part 1 | GABA | Character

I believe in the adage "Early to bed, early to rise."	true
I believe in meeting deadlines	false
I try to please others the best I can	true
I am a perfectionist	false
I am good at maintaining long-lasting relationships	true
I pay attention to where my money goes	false
I believe that the world would be more peaceful if people would improve upon their morals	true
I am very loyal and devoted to my loved ones	false
I have high ethical standards that I live by	true
I pay close attention to laws, principles, and policies	false
I believe in participating in service for the community	true
Total number of True - Part 1 GABA Character	11

Part 1 | GABA | Personality

I am not very adventurous	true
I do not have a temper	false
I have a lot of patience	true
I don't enjoy philosophy	false
I love watching sitcoms about families	true
I dislike movies about other worlds or universes	false
I am not a risk-taker	true
I keep past experiences in mind before I make decisions	false
I am a realistic person	true
I believe in closure	false
I like facts and details	true
When I make a decision, it's permanent	false
I like to plan my day, week, month, etc	true
I collect things	false
I am a little sad	true
I am afraid of confrontations and altercations	false
I save up a lot of money in the event of a crisis	true
I tend to create strong, lasting bonds with others	false
I am a stable pillar in people's lives	false
Total number of True - Part 1 GABA Personality	19
Total number of True responses - GABA nature	50

Part 1 | Serotonin | Memory and attention

I can easily concentrate on manual-labor tasks	true
I have a good visual memory	false
I am very perceptive	true
I am an impulsive thinker	false
I live in the here and now	true
I tend to say, "Tell me the bottom line."	false
I am a slow book learner, but I learn easily from experience	true
I need to experience something or work at it hands-on in order to understand it	false
Total number of True - Part 1 Serotonin Memory and attention	8

Part 1 | Serotonin | Physical

I sleep too much	true
When it comes to sex, I am very experimental	false
I have low blood pressure	true
I am very action-oriented	false
I am very handy around the house	true
I am very active outdoors	false
I engage in daring activities such as skydiving and motorcycle riding	true
I can solve problems spontaneously	false
I rarely have carbohydrate cravings	true
I usually grab a quick meal on the run	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
Total number of True - Part 1 Serotonin Physical	11

Part 1 | Serotonin | Character

I always keep my options open in case something better comes up	true
I don't like working hard for long periods of time	false
I believe things should have a function and purpose	true
I am optimistic	false
I live in the moment	true
I pray only when I'm in need of spiritual support	false
I don't have particularly high morals and ethical values	true
I do what I want, when I want to	false
I don't care about being perfect; I just live my life	true
Savings are for suckers	false
Total number of True - Part 1 Serotonin Character	10

Part 1 | Serotonin | Personality

I live life in the immediate moment	true
I like to perform/entertain in public	false
I tend to gather facts in an unorganized manner	true
I am very flexible	false
I am a great negotiator	true
I often just like to "eat, drink, and be merry"	false
I am dramatic	true

I am very artistic	false
I am a good craftsman	true
I'm a risk taker when it comes to sports	false
I believe in psychics	true
I can easily take advantage of others	false
I am cynical of others' philosophies	true
I like to have fun	false
My favorite type of movies are horror flicks	true
I am fascinated with weapons	false
I rarely stick to a plan or agenda	false
I have trouble remaining faithful	false
I am easily able to separate and move on when relationships with loved ones end	true
I don't pay much attention to how I spend my money	true
I have many frivolous relationships	true
Total number of True - Part 1 Serotonin Personality	21

Total number of True responses - Serotonin nature	50
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Part 2: Defining your deficiencies

Part 2 | Dopamine | Memory and attention

I have trouble paying consistent attention and concentrating	true
I need caffeine to wake up	false
I cannot think quickly enough	true
I do not have a good attention span	false
I have trouble getting through a task even when it is interesting to me	true
I am slow in learning new ideas	false
Total number of True - Part 2 Dopamine Memory and attention	6

Part 2 | Dopamine | Physical

I crave sugar	true
I have decreased libido	false
I sleep too much	true
I have a history of alcohol or addiction	false
I have recently felt worn out for no apparent reason	true

I sometimes experience total exhaustion without even exerting myself	false
I have always battled weight problems	true
I have little motivation for sexual experiences	false
I have little trouble getting out of bed in the morning	true
I have had a craving for cocaine, amphetamines, or Ecstasy	false
Total number of True - Part 2 Dopamine Physical	10

Part 2 | Dopamine | Character

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

Part 2 | Dopamine | Personality

I feel fine just following others	true
People seem to take advantage of me	false
I am feeling very down or depressed	true
People have told me I am too mellow	false
I have little urgency	true
I let people criticize me	false
I always look to others to lead me	true
Total number of True - Part 2 Dopamine Personality	7

Total number of True responses - Dopamine deficiency

25

Part 2 | Acetylcholine | Memory and attention

I lack imagination	true
I have difficulty remembering names when I first meet people	false
I have noticed that my memory ability is decreasing	true
My significant other tells me I don't have romantic thoughts	false
I can't remember my friend's birthday	true
I have lost some of my creativity	false
Total number of True - Part 2 Acetylcholine Memory and attention	6

Part 2 | Acetylcholine | Physical

I have insomnia	true
I have lost muscle tone	false

I don't exercise anymore	true
I crave fatty food	false
I have experimented with hallucinogens or other illicit drugs	true
I feel like my body is falling apart	false
I can't breathe easily	true
Total number of True - Part 2 Acetylcholine Physical	7

Part 2 | Acetylcholine | Character

I don't care about anyone's stories but my own	true
I don't pay attention to people's feelings	false
I don't feel buoyant	true
Total number of True - Part 2 Acetylcholine Character	3

Part 2 | Acetylcholine | Personality

I don't feel joy very often	true
I feel despair	false
I protect myself from being hurt by others by never telling much about myself	true
I find it more comfortable to do things alone rather than in a large group	false
Other people get angrier about bothersome things than I do	true
I give in easily and tend to be submissive	false
I rarely feel passionate about anything	true
I like routine	false
Total number of True - Part 2 Acetylcholine Personality	8

Total number of True responses - Acetylcholine deficiency

24

Part 2 | GABA | Memory and attention

I find it difficult to concentrate because I'm nervous and jumpy	true
I can't remember phone numbers	false
I have trouble finding the right word	true
I have trouble remembering things when I am put on the spot	false
I know I am intelligent, but it is hard to show others	true
My ability to focus comes and goes	false
When I read, I find I have to go back over the same paragraph a few times to absorb the information	true

I am a quick thinker but can't always say what I mean	false
Total number of True - Part 2 GABA Memory and attention	8

Part 2 | GABA | Physical

I feel shaky	true
I sometimes tremble	false
I have frequent backaches and/or headaches	true
I tend to have shortness of breath	false
I tend to have heart palpitations	true
I tend to have cold hands	false
I sometimes sweat too much	true
I am sometimes dizzy	
I often have muscle tension	false
I tend to get butterflies in my stomach	true
I crave bitter foods	false
I am often nervous	true
I like yoga because it helps me to relax	false
I often feel fatigued even when I have had a good night's sleep	true
I overeat	false
Total number of True - Part 2 GABA Physical	15

Part 2 | GABA | Character

I don't play by the rules anymore	true
I have lost my friends	false
I can't sustain romantic relationships	true
I consider the law arbitrary and without reason	false
I now consider rules that I used to follow ridiculous	false
Total number of True - Part 2 GABA Character	5

Part 2 | GABA | Personality

I have mood swings	true
I enjoy doing many things at one time, but I find it difficult to decide what to do first	false
I tend to do things just because I think they'd be fun	true
When things are dull, I always try to introduce some excitement	false
I tend to be fickle, changing my mood and thoughts frequently	true

I tend to get overly excited about things	false
My impulses tend to get me into a lot of trouble	true
I tend to be theatrical and draw attention to myself	false
I speak my mind no matter what the reaction of others may be	true
I sometimes have fits of rage and then feel terribly guilty	false
I often tell lies to get out of trouble	true
I have always had less interest than the average person in sex	false
Total number of True - Part 2 GABA Personality	12

Total number of True responses - GABA deficiency	40
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Part 2 | Serotonin | Memory and attention

I am not very perceptive	true
I can't remember things that I have seen in the past	false
I have a slow reaction time	true
I have a poor sense of direction	false
Total number of True - Part 2 Serotonin Memory and attention	4

Part 2 | Serotonin | Physical

I have night sweats	true
I have insomnia	false
I tend to sleep in many different positions in order to feel comfortable	true
I always awake early in the morning	false
I can't relax	true
I wake up at least two times per night	false
It is difficult for me to fall back asleep when I am awakened	true
I crave salt	false
I have less energy to exercise	true
I am sad	false
Total number of True - Part 2 Serotonin Physical	10

Part 2 | Serotonin | Character

I can't stop thinking about the meaning of life	true
I no longer want to take risks	false
The lack of meaning in my life is painful to me	true

Total number of True - Part 2 | Serotonin | Character | **3**

Par 2 | Serotonin | Personality

I have chronic anxiety	true
I am easily irritated	false
I have thoughts of self-destruction	true
I have had suicidal thoughts in my life	false
I tend to dwell on ideas too much	true
I am sometimes so structured that I become inflexible	false
My imagination takes over	true
Fear grips me	false

Total number of True - Part 2 | Serotonin | Personality | **8**

Total number of True responses - Serotonin deficiency | **25**