

Name _____ Date _____

BRAVERMAN, deficiency

Answer the questions in terms of how you feel right now/last 30 days

1 B

Dopamine - Memory and attention

I have trouble paying consistent attention and concentrating	T	F
I need caffeine to wake up	T	F
I cannot think quickly enough	T	F
I do not have a good attention span	T	F
I have trouble getting through a task even when it is interesting to me	T	F
I am slow in learning new ideas	T	F

Physical

I crave sugar	T	F
I have decreased libido	T	F
I sleep too much	T	F
I have a history of alcohol or addiction	T	F
I have recently felt worn out for no apparent reason	T	F
I sometimes experience total exhaustion without even exerting myself	T	F
I have always battled weight problems	T	F
I have little motivation for sexual experiences	T	F
I have trouble getting out of bed in the morning	T	F
I have had a craving for cocaine, amphetamines, and/or Ecstasy	T	F

Personality

I feel fun just following others	T	F
----------------------------------	---	---



addiction
specialists

People seem to take advantage of me	T	F
I am feeling very down or depressed	T	F
People have told me I am too mellow	T	F
I have little urgency	T	F
I let people criticize me	T	F
I always look to others to lead me	T	F

Character

I have lost my reasoning skills	T	F
I can't make good decisions	T	F

Lack of Dopamine. Total numbers of T responses: _____ *Then put the corresponding figure into the table in document summary*

2B

Acetylcholine - Memory and Attention

I lack imagination	T	F
I have difficulty remembering names when I first meet people	T	F
I have noticed that my memory ability is decreasing	T	F
My significant other tells me I don't have romantic thoughts	T	F
I can't remember my friends' birthdays	T	F
I have lost some of my creativity	T	F

Physical

I have insomnia	T	F
I have lost muscle tone	T	F
I don't exercise anymore	T	F
I crave fatty foods	T	F
I have experimented with hallucinogens or other illicit drugs	T	F
I feel like my body is falling apart	T	F



addiction
specialists

I can't breathe easily	T	F
------------------------	---	---

Personality

I don't feel joy very often	T	F
I feel despair	T	F
I protect myself from being hurt by others by never telling much about myself	T	F
I find it more comfortable to do things alone rather than in a large group	T	F
Other people get angrier about bothersome things than I do	T	F
I give in easily and tend to be submissive	T	F
I rarely feel passionate about anything	T	F
I like routine	T	F

Character

I don't care about anyone's stories but mine	T	F
I don't pay attention to people's feelings	T	F
I don't feel buoyant	T	F
I'm obsessed by my deficiencies	T	F

Lack of Acetylcholine. Total number of T responses: _____ *Then put the corresponding figure into the table in document summary*

3 B

GABA - Memory and Attention

I find it difficult to concentrate because I'm nervous and jumpy	T	F
I can't remember phone numbers	T	F
I have trouble finding the right word	T	F
I have trouble remembering things when I am put on the spot	T	F
I know I am intelligent, but it is hard to show others	T	F
My ability to focus comes and goes	T	F



addiction
specialists

When I read, I find I have to go back over the same paragraph a few times to absorb the information	T	F
I am a quick thinker but can't always say what I mean	T	F

Physical

I feel shaky	T	F
I sometimes tremble	T	F
I have frequent backaches and/or headaches	T	F
I tend to have shortness of breath	T	F
I tend to have heart palpitations	T	F
I tend to have cold hands	T	F
I sometimes sweat too much	T	F
I am sometimes dizzy	T	F
I often have muscle tension	T	F
I tend to get butterflies in my stomach	T	F
I crave bitter foods	T	F
I am often nervous	T	F
I like yoga because it helps me to relaxe	T	F
I often feel fatigued even when I have had a good night's sleep	T	F
I overeat	T	F

Personality

I have mood swings	T	F
I enjoy doing many things at one time, but I find it difficult to decide what to do first.	T	F
I tend to do things just because I think they'd be fun	T	F
When things are dull, I always try to introduce some excitement	T	F
I tend to be fickle, changing my mood and thoughts	T	F
I tend to get overly excited about things	T	F
My impulses tend to get me into a lot of trouble	T	F
I tend to be theatrical and draw attention to myself	T	F



addiction
specialists

I sometimes have fits of rage and then feel terribly guilty	T	F
I often tell lies to get out of trouble	T	F
I have always had less interest in sex than the average person	T	F

Character

I don't play by the rules anymore	T	F
I have lost many friends	T	F
I can't sustain romantic relationships	T	F
I consider the law arbitrary and without reason	T	F
I now consider rules that I used to follow ridiculous	T	F

Lack of GABA. Total number of T responses: _____ *Then put the corresponding figure into the table in document summary*

4 B

Serotonin - Memory and Attention

I am not very perceptive	T	F
I can't remember things that I have seen in the past	T	F
I have a slow reaction time	T	F
I have a poor sense of direction	T	F

Physical

I have night sweats	T	F
I have insomnia	T	F
I tend to sleep in many different positions in order to feel comfortable	T	F
I always awake early in the morning	T	F
I can't relaxe	T	F
I wake up at least two times per night	T	F
It is difficult for me to fall back asleep when I am awakened	T	F
I crave salt	T	F
I have less energy to exercise	T	F
I am sad	T	F



addiction
specialists

Personality

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

Character

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

Lack of Serotonin. Total numer of T respons: *Then put the corresponding figure into the table in document summary*

Results Part 2

- 1 A. Total number of T responses, Dopamine nature _____
- 2 A. Total number of T responses, Acetylcholine nature _____
- 3 A. Total number of T responses, GABA nature _____
- 4 A. Total number of T responses, Serotonin nature _____

Then put the corresponding figure into the table in document summary

Thank you/Bitten

Source: *The Edge Effect*, Eric R. Braverman M.D.



addiction
specialists