

Neurotransmitter Balance Questionnaire



ALL OF THE INFORMATION HEREIN WILL BE TREATED IN ACCORDANCE WITH ALL APPLICABLE CONFIDENTIALITY LAWS AND PRACTICES AND IS INTENDED SOLELY FOR THE USE OF FLATIRON FUNCTIONAL MEDICINE.

NAME _____

DATE _____

BIRTHDATE _____

SEX _____

Score Summary

Total will be calculated upon completing the questionnaire.

DOMINANT CHEMISTRY

1A Dopamine _____

1B Acetylcholine _____

1C GABA _____

1D Serotonin _____

Dominant Chemistry
(HIGH SCORE) _____

DEFICIENT CHEMISTRY

2A Dopamine _____

2B Acetylcholine _____

2C GABA _____

2D Serotonin _____

Deficient Chemistry
(HIGH SCORE) _____

NOTES / COMMENTS

NEUROTRANSMITTER BALANCE QUESTIONNAIRE
Derived from "The Edge Effect" by Dr. Eric Braverman

Part 1: Determining Your Dominant Nature

Answer the questions in terms of how you feel most of the time.

For example, if you've had a bad night's sleep and feel tired today, answer the questions that pertain to your energy levels based on how you feel on a more average day.

SECTION 1A

Memory and Attention

True False **I find it easy to process my thoughts.**

True False **I concentrate effectively.**

True False **I am a deep thinker.**

True False **I am a quick thinker.**

True False **I become distracted because I do so many tasks at once.**

True False **I enjoy intense debate.**

True False **I have a good imagination.**

True False **I tend to criticize and analyze my thoughts.**

Physical

True False **I have a lot of energy most of the time.**

True False **My blood pressure is often elevated.**

True False **Sometimes in my life I have had episodes of extreme energy.**

True False **I have insomnia.**

True False **I find exercising invigorating.**

True False **I don't ordinarily need coffee to jump-start me in the morning.**

True False **My veins are visible and tend to look as though they might pop out of my skin.**

True False **I tend to have a high body temperature.**

True False **I eat my lunch while I am working.**

True False **I engage in sexual intercourse any chance I get.**

True False **I have a temper.**

True False **I eat only to re-energize my body.**

True False **I love action movies.**

True False **Exercising makes me feel powerful.**

Part 1: Determining Your Dominant Nature

Answer the questions in terms of how you feel most of the time.

For example, if you've had a bad night's sleep and feel tired today, answer the questions that pertain to your energy levels based on how you feel on a more average day.

SECTION 1A

Personality

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

Part 1: Determining Your Dominant Nature

Answer the questions in terms of how you feel most of the time.

For example, if you've had a bad night's sleep and feel tired today, answer the questions that pertain to your energy levels based on how you feel on a more average day.

SECTION 1A

Character

True False **Some individuals view me as tough-minded.**

True False **Most people view me as achievement-oriented.**

True False **Some people say that I am irrational.**

True False **I will do anything to reach a goal.**

True False **I value a religious philosophy.**

True False **Incompetence makes me angry.**

True False **I have high standards for myself and others.**

TOTAL NUMBER OF TRUE RESPONSES FOR SECTION 1A

SECTION 1B

Memory and Attention

True False **My memory is very strong.**

True False **I am an excellent listener.**

True False **I am good at remembering stories.**

True False **I usually do not forget a face.**

True False **I am very creative.**

True False **I have an excellent attention span and rarely missed a thing.**

True False **I have many good hunches.**

True False **I notice everything going on around me.**

True False **I have a good imagination.**

Part 1: Determining Your Dominant Nature

Answer the questions in terms of how you feel most of the time.

For example, if you've had a bad night's sleep and feel tired today, answer the questions that pertain to your energy levels based on how you feel on a more average day.

SECTION 1B

Physical

True False **I tend to have a slow pulse.**

True False **My body has excellent tone.**

True False **I have a great figure/build.**

True False **I have low cholesterol.**

True False **When I eat, I love to experience the aromas and the beauty of food.**

True False **I love yoga and stretching my muscles.**

True False **During sex I am very sensual.**

True False **I have had an eating disorder at some point in my life.**

True False **I have tried many alternative remedies.**

Personality

True False **I am a perpetual romantic.**

True False **I am in touch with my feelings.**

True False **I tend to make decisions based on hunches.**

True False **I like to speculate.**

True False **Some people say I have my head in the clouds.**

True False **I love reading fiction.**

True False **I have a rich fantasy life.**

True False **I am creative when solving people problems.**

True False **I am very expressive; I like to talk about what's bothering me**

True False **I am buoyant.**

True False **I believe that it is possible to have a mystical experience.**

True False **I believe in being a soul mate.**

True False **Sometimes the mystical can excite me.**

True False **I tend to overreact to my body.**

True False **I find it easy to change; I am not set in my ways.**

Part 1: Determining Your Dominant Nature

Answer the questions in terms of how you feel most of the time.

For example, if you've had a bad night's sleep and feel tired today, answer the questions that pertain to your energy levels based on how you feel on a more average day.

SECTION 1B

Personality (continued)

True False I am deeply in touch with my emotions.

True False I tend to love someone one minute and hate him or her the next.

True False I am flirtatious.

True False I don't mind spending money if it benefits my relationships.

True False I tend to fantasize when I'm having sex.

True False My relationships tend to be filled with romance.

True False I love watching romantic movies.

True False I take risks in my love life.

Character

True False I foresee a better future.

True False I am inspired to help other people.

True False I believe that all things are possible, particularly for those who are devoted.

True False I am good at creating harmony between people.

True False Charity and altruism come from the heart, and I have plenty of both.

True False Others think of me as having vision.

True False My thoughts on religion often change.

True False I am an idealist, but not a perfectionist.

True False I am happy with someone who just treats me right.

TOTAL NUMBER OF TRUE RESPONSES FOR SECTION 1B

Part 1: Determining Your Dominant Nature

Answer the questions in terms of how you feel most of the time.

For example, if you've had a bad night's sleep and feel tired today, answer the questions that pertain to your energy levels based on how you feel on a more average day.

SECTION 1C

Memory and Attention

True False **I have a stable attention span and can follow other people's logic.**

True False **I enjoy reading people more than books.**

True False **I retain most of what I hear.**

True False **I can remember facts people tell me.**

True False **I learn from my experiences.**

True False **I am good at remembering names.**

True False **I can focus very well on tasks and people's stories.**

Physical

True False **I find it easy to relax.**

True False **I am a calm person.**

True False **I find it easy to fall asleep at night.**

True False **I tend to have high physical endurance.**

True False **I have low blood pressure.**

True False **I do not have a family history of stroke.**

True False **When it comes to sex, I am not very experimental.**

True False **I have little muscle tension.**

True False **Caffeine has little effect on me.**

True False **I take my time eating my meals.**

True False **I sleep well.**

True False **I don't have many harmful food cravings such as sugar.**

True False **Exercising is a regimented habit for me.**

Part 1: Determining Your Dominant Nature

Answer the questions in terms of how you feel most of the time.

For example, if you've had a bad night's sleep and feel tired today, answer the questions that pertain to your energy levels based on how you feel on a more average day.

SECTION 1C

Personality

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

Part 1: Determining Your Dominant Nature

Answer the questions in terms of how you feel most of the time.

For example, if you've had a bad night's sleep and feel tired today, answer the questions that pertain to your energy levels based on how you feel on a more average day.

SECTION 1C

Character

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

TOTAL NUMBER OF TRUE RESPONSES FOR SECTION 1C

SECTION 1D

Memory and Attention

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

Part 1: Determining Your Dominant Nature

Answer the questions in terms of how you feel most of the time.

For example, if you've had a bad night's sleep and feel tired today, answer the questions that pertain to your energy levels based on how you feel on a more average day.

SECTION 1D

Physical

- | | | |
|------|-------|---|
| True | False | I sleep too much. |
| True | False | When it comes to sex, I am very experimental. |
| True | False | I have low blood pressure. |
| True | False | I am very action-oriented. |
| True | False | I am very handy around the house. |
| True | False | I am very active outdoors. |
| True | False | I engage in daring activities such as skydiving and motorcycle riding. |
| True | False | I can solve problems spontaneously. |
| True | False | I rarely have carbohydrate cravings. |
| True | False | I usually grab a quick meal on the run. |
| True | False | I'm not very consistent with my exercise routines; I may exercise daily for three weeks and then skip it for a month. |

Personality

- | | | |
|------|-------|--|
| True | False | I live life in the immediate moment. |
| True | False | I like to perform/entertain in public. |
| True | False | I tend to gather facts in an unorganized manner. |
| True | False | I am very flexible. |
| True | False | I am a great negotiator. |
| True | False | I often just like to "eat, drink, and be merry." |
| True | False | I am dramatic. |
| True | False | I am very artistic. |
| True | False | I am a good craftsman. |
| True | False | I'm a risk taker when it comes to sports. |
| True | False | I believe in psychics. |
| True | False | I can easily take advantage of others. |

Part 1: Determining Your Dominant Nature

Answer the questions in terms of how you feel most of the time.

For example, if you've had a bad night's sleep and feel tired today, answer the questions that pertain to your energy levels based on how you feel on a more average day.

SECTION 1D

Personality (continued)

- | | | |
|------|-------|--|
| True | False | I am cynical of others' philosophies. |
| True | False | I like to have fun. |
| True | False | My favorite types of movies are horror flicks. |
| True | False | I am fascinated with weapons. |
| True | False | I rarely stick to a plan or agenda. |
| True | False | I have trouble remaining faithful. |
| True | False | I am easily able to separate and move on when relationships with loved ones end. |
| True | False | I don't pay much attention to how I spend my money. |
| True | False | I have many frivolous relationships. |

Character

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

TOTAL NUMBER OF TRUE RESPONSES FOR SECTION 1D

The categories 1A through 1D with the greatest number of true responses will identify your dominant nature. A classically dominant nature is typically a score of 35 and above in any one category, which suggests a less-than-balanced life.

Part 2: Determining Your Deficient Nature

The second assessment will determine if you are deficient in any of the four biochemicals, including the one that governs your nature. Many of the questions relate to symptoms you might be experiencing.

Answer the questions in terms of how you feel right now; it doesn't matter how long you've been experiencing the symptoms, or even if they occurred today for the first time.

SECTION 2A

Memory and Attention

True False I have trouble paying consistent attention and concentrating.

True False I need caffeine to wake up.

True False I cannot think quickly enough.

True False I do not have a good attention span.

True False I have trouble getting through a task even when it is interesting to me.

True False I am slow in learning new ideas.

Physical

True False I crave sugar.

True False I have decreased libido.

True False I sleep too much.

True False I have a history of alcohol or other addictions.

True False I have recently felt worn out for no apparent reason.

True False I sometimes experience total exhaustion even without exerting myself.

True False I have always battled weight problems.

True False I have little motivation for sexual experiences.

True False I have trouble getting out of bed in the morning.

True False I have had a craving for cocaine, amphetamines, or Ecstasy.

Personality

True False I feel fine just following others.

True False People seem to take advantage of me.

True False I am feeling very down or depressed.

True False People have told me I am too mellow.

True False I have little urgency.

True False I let people criticize me.

True False I always look to others to lead me.

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SECTION 2A

Character

True False I have lost my reasoning skills.

True False I can't make good decisions.

TOTAL NUMBER OF TRUE RESPONSES FOR SECTION 2A

SECTION 2B

Memory and Attention

True False I lack imagination.

True False I have difficulty remembering names when I first meet people.

True False I have noticed that my memory ability is decreasing.

True False My significant other tells me I don't have romantic thoughts.

True False I can't remember my friend's birthdays.

True False I have lost some of my creativity.

Physical

True False I have insomnia.

True False I have lost muscle tone.

True False I don't exercise anymore.

True False I crave fatty foods.

True False I have experimented with hallucinogens or other illicit drugs.

True False I feel like my body is falling apart.

True False I can't breathe easily.

Personality

True False I don't feel joy very often.

True False I feel despair.

Part 2: Determining Your Deficient Nature

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Answer the questions in terms of how you feel right now; it doesn't matter how long you've been experiencing the symptoms, or even if they occurred today for the first time.

SECTION 2B

Personality (continued)

- | | | |
|------|-------|--|
| True | False | I protect myself from being hurt by others by never telling much about myself. |
| True | False | I find it more comfortable to do things alone rather than in a large group. |
| True | False | Other people get angrier about bothersome things than I do. |
| True | False | I give in easily and tend to be submissive. |
| True | False | I rarely feel passionate about anything. |
| True | False | I like routine. |

Character

- | | | |
|------|-------|---|
| True | False | I don't care about anyone's stories but mine. |
| True | False | I don't pay attention to people's feelings. |
| True | False | I don't feel buoyant. |
| True | False | I am obsessed with my deficiencies. |

TOTAL NUMBER OF TRUE RESPONSES FOR SECTION 2B

SECTION 2C

Memory and Attention

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

Part 2: Determining Your Deficient Nature

The second assessment will determine if you are deficient in any of the four biochemicals, including the one that governs your nature. Many of the questions relate to symptoms you might be experiencing.

Answer the questions in terms of how you feel right now; it doesn't matter how long you've been experiencing the symptoms, or even if they occurred today for the first time.

SECTION 2C

Physical

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

Personality

- | | | |
|------|-------|--|
| True | False | I have mood swings. |
| True | False | I enjoy doing many things at one time, but I find it difficult to decide what to do first. |
| True | False | I tend to do things just because I think they'd be fun. |
| True | False | When things are dull, I always try to introduce some excitement. |
| True | False | I tend to be fickle, changing my moods and thoughts frequently. |
| True | False | I tend to get overly excited about things. |
| True | False | My impulses tend to get me into a lot of trouble. |
| True | False | I tend to be theatrical and draw attention to myself. |
| True | False | I speak my mind no matter what the reaction of others may be. |

Part 2: Determining Your Deficient Nature

The second assessment will determine if you are deficient in any of the four biochemicals, including the one that governs your nature. Many of the questions relate to symptoms you might be experiencing.

Answer the questions in terms of how you feel right now; it doesn't matter how long you've been experiencing the symptoms, or even if they occurred today for the first time.

SECTION 2C

Personality (continued)

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

Character

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

TOTAL NUMBER OF TRUE RESPONSES FOR SECTION 2C

SECTION 2D

Memory and Attention

- | | | |
|------|-------|---|
| True | False | I am not very perceptive. |
| True | False | I can't remember things that I have seen in the past. |
| True | False | I have a slow reaction time. |
| True | False | I have a poor sense of direction. |

Physical

- | | | |
|------|-------|---|
| True | False | I have night sweats. |
| True | False | I have insomnia. |
| True | False | I tend to sleep in many different positions in order to feel comfortable. |
| True | False | I always awake early in the morning. |
| True | False | I can't relax. |
| True | False | I wake up at least two times per night. |

Part 2: Determining Your Deficient Nature

The second assessment will determine if you are deficient in any of the four biochemicals, including the one that governs your nature. Many of the questions relate to symptoms you might be experiencing.

Answer the questions in terms of how you feel right now; it doesn't matter how long you've been experiencing the symptoms, or even if they occurred today for the first time.

SECTION 2C

Physical (continued)

True False **It is difficult for me to fall back asleep when I am awakened.**

True False **I crave salt or salty foods.**

True False **I have less energy to exercise.**

True False **I am sad.**

Personality

True False **I have chronic anxiety.**

True False **I am easily irritated.**

True False **I have thoughts of self-destruction.**

True False **I have had suicidal thoughts in my life.**

True False **I tend to dwell on the idea too much.**

True False **I am sometimes so structured that I become inflexible.**

True False **My imagination takes over.**

True False **Fear grips me.**

Character

True False **I can't stop thinking about the meaning of life.**

True False **I no longer want to take risks.**

True False **The lack of meaning in my life is painful to me.**

TOTAL NUMBER OF TRUE RESPONSES FOR SECTION 2D

The highest number in sections 2A through 2D represents your most deficient nature, and is the one that is most likely to lead to illness. Your deficient nature can be the same as or different from your dominant nature. It is possible for you to have more than one area of neurotransmitter deficiency.

The total number of true responses in each section are recorded on the summary page. Please copy the answers into the separate summary page (attached separately) and send to the clinic. You may keep the actual questionnaire for future reference.