

PART 1

NAME.....

1a) MEMORY AND ATTENTION

- I find it easy to process my thoughts T/F
- I can concentrate effectively T/F
- I am a deep thinker T/F
- I am a quick thinker T/F
- I become distracted because I do so many tasks at once T/F
- I enjoy intense debate T/F
- I have a good imagination T/F
- I tend to criticise and analyse my thoughts T/F

PHYSICAL

- I have a lot of energy most of the time T/F
- My blood pressure is elevated often T/F
- Sometimes in my life I have episodes of extreme energy T/F
- I have insomnia T/F
- I find exercise invigorating T/F
- I don't ordinarily need a coffee to jump start me in the morning T/F
- My veins are visible and look like they might pop out of my skin T/F
- I tend to have a high body temperature T/F
- I eat my lunch while I'm working T/F
- I engage in sex any chance I get T/F
- I have a temper T/F
- I eat only to energise my body T/F
- I love action movies T/F
- Exercise makes me feel powerful T/F

PERSONALITY

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

CHARACTER

- Some people see me as tough minded T/F
- Most see me as achievement oriented T/F
- Some say I am irrational T/F
- I will do anything to reach a goal T/F
- I value a religious philosophy T/F
- Incompetence makes me angry T/F
- I have high standards for myself and for others T/F

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2a) MEMORY AND ATTENTION

- My memory is very strong T/F
- I am an excellent listener T/F
- I am good at remembering stories T/F
- I seldom forget a face T/F
- I am very creative T/F
- I have an excellent attention span and rarely forget a thing T/F
- I have many good hunches T/F
- I notice everything going on around me T/F
- I have a good imagination T/F

PHYSICAL

- I tend to have a slow pulse T/F
- My body has excellent tone T/F
- I have a great figure/build T/F
- I have low cholesterol T/F
- I love to experience the aromas and beauty of food T/F
- I love yoga and stretching my muscles T/F
- During sex i am very sensual T/F
- I have had an eating disorder in my life T/F
- I have tried many alternative remedies T/F

PERSONALITY

- I am a perpetual romantic T/F
- I am in touch with my feelings T/F
- I tend to make decisions based on hunches T/F
- I like to speculate T/F
- Some say I have my head in the clouds T/F
- I love reading fiction T/F
- I have a rich fantasy life T/F
- I am creative when solving problems T/F
- I am very expressive I talk about whats bothering me T/F
- I am buoyant T/F
- I believe it is possible to have a mystical experience T/F
- I believe in being a soul mate T/F
- Sometimes the mystical can excite me T/F
- I tend to overact to my body T/F
- I find it easy to change,i am not set in my ways T/F
- I am deeply in touch with my emotions T/F
- I tend to love someone one minute then hate them the next T/F
- I am flirtatious T/F
- I dont mind spending money if it benefits my relationships T/F

I tend to fantasise when im having sex T/F

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2a) PERSONALITY cont

My relationships tend to be filled with romance T/F

I love watching romantic movies T/F

I take risks in my love life T/F

CHARACTER

I foresee a better future T/F

I am inspired to help other people T/F

I believe all things are possible, particularly when devoted T/F

I am good at creating harmony between people T/F

Charity and altruism come from the heart – I have plenty of both T/F

Others think of me as having vision T/F

My thoughts on religion often change T/F

I am an idealist not a perfectionist T/F

I'm happy with someone who treats me right T/F

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3a) MEMORY AND ATTENTION

I have a stable attention span and can follow others logic T/F

I enjoy reading people more than books T/F

I retain most of what I hear T/F

I remember facts people tell me T/F

I learn from my experiences T/F

I am good at remembering peoples names T/F

I can focus on tasks and stories T/F

PHYSICAL

I find it easy to relax T/F

I am a calm person T/F

I find it easy to fall asleep at night T/F

I have a high endurance level T/F

I have low blood pressure T/F

I do not have a family history of stroke T/F

I am not experimental with sex T/F

I have little muscle tension T/F

Caffeine has no effect on me T/F

I take my time eating meals T/F

I sleep well T/F

I dont crave sugar or other foods T/F

Exercising is a regimented habit for me T/F

PERSONALITY

I am not very adventurous T/F

I dont have a temper T/F

I am a patient person T/F

I dont enjoy philosophy T/F

I love watching sitcoms about families T/F

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PERSONALITY (cont)

I dislike movies about other worlds or universes T/F

I am not a risk taker T/F

I keep past experience in mind before making decisions T/F

I am a realistic person T/F

I believe in closure T/F

I like facts and details T/F

When I decide that's it! T/F

I like to plan my day, week, month etc T/F

I collect things T/F

I am a little sad T/F

I avoid confrontation T/F

I have ample savings for that rainy day T/F

I tend to create strong lasting bonds with others T/F

I am a stable pillar in people's lives T/F

CHARACTER

I believe in "early to bed, early to rise" T/F

I believe in meeting deadlines T/F

I try to please others the best I can T/F

I am a perfectionist T/F

I maintain long term relationships T/F

I pay attention to where my money goes T/F

I believe the world would be more peaceful with better morals T/F

I am very devoted and loyal to my loved ones T/F

I live by high ethical standards T/F

I pay close attention to laws, principles and policies T/F

I participate in community service T/F

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4a) MEMORY AND ATTENTION

I concentrate easily on manual labour tasks T/F

I have good visual memory T/F

I am very perceptive T/F

I am an impulsive thinker T/F

I live in the here and now T/F

I tend to say "tell me the bottom line" T/F

I am a slow book learner but learn easily from experiences T/F

I need to experience something before I can understand it T/F

PHYSICAL

I sleep too much T/F

I am very experimental with sex T/F

I have low blood pressure T/F

I am action oriented T/F

I am very handy around the house T/F

I am active outdoors T/F
I do daring activities like skydiving etc T/F
PHYSICAL (cont)

I solve problems spontaneously T/F
I rarely have carbohydrate cravings T/F
I usually grab a quick meal on the run T/F
I'm not consistent with my exercise routine-frequently skipping it T/F

PERSONALITY

I live life in the immediate moment T/F
I like to perform in public T/F
I gather facts in an unorganised manner T/F
I am very flexible T/F
I am a great negotiator T/F
I often like to "eat,drink and be merry" T/F
I am dramatic T/F
I am very artistic T/F
I am a good craftsperson T/F
I take risks playing sport T/F
I believe in psychics T/F
I often take advantage of others T/F
I am cynical of others philosophies T/F
I like to have fun T/F
My favourite movies are horror flicks T/F
I am fascinated by weapons T/F
I rarely stick to a plan or agenda T/F
I have trouble remaining faithful T/F
I am easily able to separate and move on when relationships end T/F
I dont pay much attention to how I spend my money T/F
I have many frivolous relationships T/F

CHARACTER

I always keep my options open in case something better comes along T/F
I dont like working hard for long periods of time T/F
I believe things should have a function and purpose T/F
I am optimistic T/F
I live in the moment T/F
I only pray when I need spiritual support T/F
I dont have particularly high morals or ethical values T/F
I do what I want when I want to T/F
I dont care about being perfect I just live my life T/F
Savings are for suckers T/F

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PART 2**1b) 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's interesting to me T/F
- I am slow in learning new ideas T/F

PHYSICAL

- I crave sugar T/F
- I have a decreased libido T/F
- I sleep too much T/F
- I have a history of alcohol or addictions T/F
- I have recently felt worn out for no apparent reason T/F
- I sometimes experience total exhaustion even without exerting myself T/F
- I have always battled with 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 or ecstasy T/F

PERSONALITY

- I feel fine just following others T/F
- People seem to take advantage of me T/F
- I have been feeling very down even depressed T/F
- People tell me I am too mellow T/F
- I have little urgency T/F
- I let people criticise me T/F
- I always look to someone else for direction T/F

CHARACTER

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

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2b) MEMORY and ATTENTION

- I lack imagination T/F
- I have difficulty remembering names when I first meet someone T/F
- I have noticed my memory recall worsening T/F
- My significant other tells me I don't have romantic thoughts T/F
- I can't remember my friend's 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

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2b) PHYSICAL cont

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
I can't breathe easily T/F

PERSONALITY

I don't experience joy anymore T/F
I feel despair T/F
I protect myself from being hurt by not telling much about myself T/F
I find it more comfortable doing 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 else's stories – only mine T/F
I don't pay attention to others feelings T/F
I don't feel buoyant T/F
I'm obsessed with my deficiencies T/F

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3b) 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 words T/F
I have trouble remembering things when i'm put on the spot T/F
I know i'm intelligent but find it hard to show this to others T/F
My ability to focus comes and goes T/F
When I read something I find I need to go 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/headaches T/F
I tend to be short of breath T/F
I tend to have heart palpitations T/F
I tend to have cold hands T/F
I notice I sweat a lot T/F
I get dizzy T/F
My muscles feel tense T/F
I get butterflies in my stomach T/F
I crave bitter foods T/F

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I nervous a lot T/F

PHYSICAL cont

I like yoga because it helps me relax T/F

I feel fatigued even after a good sleep T/F

I tend to overeat T/F

PERSONALITY

I have mood swings T/F

I enjoy doing many things at once but find it difficult deciding what to do first T/F

I tend to do things because they sound like fun T/F

When things are dull, i always try to introduce something exciting T/F

I tend to be fickle, changing my mood and thoughts frequently 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

I speak my mind no matter what others reactions are T/F

I sometimes have fits of rage then feel terribly guilty T/F

I tell lies to get out of trouble T/F

I have always had less interest in sex than others 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 the rules I used to follow to be useless T/F

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4b) MEMORY and ATTENTION

I am not very perceptive T/F

I can't remember things I have seen/experienced 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 trying to be comfortable T/F

I always awake early in the mornings T/F

I can't relax T/F

I wake up at least twice in the night T/F

It is difficult to get back to sleep once awakened T/F

I crave salt T/F

I have less energy for exercise T/F

I feel sad often T/F

4b) 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 during my life T/F
- I tend to dwell on idea's too much T/F
- I am sometimes so structured I become inflexible T/F
- My imagination often takes over T/F
- Fear grips me often T/F

CHARACTER

- I'm often thinking about the meaning of life T/F
- I no longer want to take a risk T/F
- The lack of meaning in my life is painful to me T/F

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TOTAL T RESPONSES

PART 1

- 1A..... dopamine nature
- 2B..... acetyl choline nature
- 3C..... gaba nature
- 4D..... serotonin nature

PART 2

- 2A.....dopamine deficiency
- 2B.....acetyl choline deficiency
- 2C.....gaba deficiency
- 2D.....serotonin deficiency

..... nature deficiency