

**DARIEN CENTER FOR INTEGRATIVE MEDICINE**  
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**NEURO-TRANSMITTER QUESTIONNAIRE**

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

<p><b>PART 1: DETERMINING YOUR DOMINANT NATURE</b></p> <p><i>Instructions:</i> Answer each question by circling either T for true or F for false. At the end of each group, record only the total number of true statements in the space provided.</p> <p>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.</p> <p><b>1A</b></p> <p><b>Memory and Attention</b></p> <p>I find it easy to process my thoughts. T F</p> <p>I concentrate effectively. T F</p> <p>I am a deep thinker. T F</p> <p>I am a quick thinker. T F</p> <p>I become distracted because I do many tasks at once. T F</p> <p>I enjoy intense debate. T F</p> <p>I have a good imagination. T F</p> <p>I tend to criticize and analyze my thoughts. T F</p> <p><b>Physical</b></p> <p>I have a lot of energy most of the time. T F</p> <p>My blood pressure is often elevated. T F</p> <p>Sometimes in my life I have had episodes of extreme energy. T F</p> <p>I have insomnia. T F</p> <p>I find exercising invigorating. T F</p> <p>I don't ordinarily need coffee to jump-start me in the morning. T F</p> <p>My veins are visible and tend to look as though they might pop out of my skin. T F</p> <p>I tend to have a high body temperature. T F</p> <p>I eat my lunch while I'm working. T F</p> <p>I engage in sexual intercourse any chance I get. T F</p> <p>I have a temper. T F</p> <p>I eat only to reenergize my body. T F</p> <p>I love action movies. T F</p> <p>Exercising makes me feel powerful. T F</p>	<p><b>Personality</b></p> <p>I am a very domineering individual. T F</p> <p>I sometimes don't notice my feelings. T F</p> <p>I often have trouble listening to others because my own ideas dominate. T F</p> <p>I have been in many physical altercations. T F</p> <p>I tend to be future-oriented. T F</p> <p>I am sometimes speculative. T F</p> <p>Most people view me as thinking-oriented. T F</p> <p>I daydream and often fantasize. T F</p> <p>I like to read history and other nonfiction books. T F</p> <p>I admire ingenuity. T F</p> <p>I can be slow in identifying how people can cause trouble. T F</p> <p>I don't usually get tricked by people who say they need my help. T F</p> <p>Most people view me as innovative. T F</p> <p>People have thought I have had some strange ideas, but I can always explain the basis for them rationally. T F</p> <p>I am often agitated or irritated. T F</p> <p>Little things make me anxious or upset. T F</p> <p>I have fantasies of unlimited power. T F</p> <p>I love spending money. T F</p> <p>I dominate others in my relationships. T F</p> <p>I am very hard on myself. T F</p> <p>I react aggressively to criticism, often becoming defensive in front of others. T F</p> <p><b>Character</b></p> <p>Some individuals view me as tough-minded. T F</p> <p>Most people view me as achievement-oriented. T F</p> <p>Some people say that I am irrational. T F</p> <p>I will do anything to reach a goal. T F</p> <p>I value a religious philosophy. T F</p> <p>Incompetence makes me angry. T F</p> <p>I have high standards for myself and for others. T F</p> <p><b>Total number of T responses:</b> _____</p>
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<b>2A</b>		
<b>Memory and Attention</b>		
My memory is very strong.	T F	
I am an excellent listener.	T F	
I am good at remembering stories.	T F	
I usually do not forget a face.	T F	
I am very creative.	T F	
I have an excellent attention span and rarely miss 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	
<b>Physical</b>		
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	
When I eat, I love to experience the aromas and the 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 at some point in my life.	T F	
I have tried many alternative remedies.	T F	
<b>Personality</b>		
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 people 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 people problems.	T F	
I am very expressive; I like to talk about what's bothering me.	T F	
I am buoyant.	T F	
I believe that 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 overreact 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 and hate him or her the next.	T F	
I am flirtatious.	T F	
I don't mind spending money if it benefits my relationships.	T F	
I tend to fantasize when I'm having sex.	T F	
		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
		<b>Character</b>
		I foresee a better future. T F
		I am inspired to help other people. T F
		I believe that all things are possible, particularly for those who are devoted. T F
		I am good at creating harmony between people. T F
		Charity and altruism come from the heart, and 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, but not a perfectionist. T F
		I'm happy with someone who just treats me right. T F
		<b>Total number of T responses:</b> _____
<b>3A</b>		
<b>Memory and Attention</b>		
		I have a stable attention span and can follow other people's logic. T F
		I enjoy reading people more than books. T F
		I retain most of what I hear. T F
		I can remember facts people tell me. T F
		I learn from my experiences. T F
		I am good at remembering names. T F
		I can focus very well on tasks and people's stories. T F
<b>Physical</b>		
		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 tend to have high physical endurance. T F
		I have low blood pressure. T F
		I do not have a family history of stroke. T F
		When it comes to sex, I am not very experimental. T F
		I have little muscle tension. T F
		Caffeine has little effect on me. T F
		I take my time eating my meals. T F
		I sleep well. T F
		I don't have many harmful food cravings such as sugar. T F
		Exercising is a regimented habit for me. T F

<b>Personality</b>				<b>4A</b>	
I am not very adventurous.	T	F		<b>Memory and Attention</b>	
I do not have a temper.	T	F		I can easily concentrate on manual-	
I have a lot of patience.	T	F		labor tasks.	T F
I don't enjoy philosophy.	T	F		I have a good visual memory.	T F
I love watching sitcoms about families.	T	F		I am very perceptive.	T F
I dislike movies about other worlds or				I am an impulsive thinker.	T F
universes.	T	F		I live in the here and now.	T F
I am not a risk taker.	T	F		I tend to say, "Tell me the bottom line."	T F
I keep past experiences in mind before				I am a slow book learner, but I learn	
I make decisions.	T	F		easily from experience.	T F
I am a realistic person.	T	F		I need to experience something or work	
I believe in closure.	T	F		at it hands-on in order to understand it.	T F
I like facts and details.	T	F		<b>Physical</b>	
When I make a decision, it's permanent.	T	F		I sleep too much.	T F
I like to plan my day, week, month, etc.	T	F		When it comes to sex, I am very	
I collect things.	T	F		experimental.	T F
I am a little sad.	T	F		I have low blood pressure.	T F
I'm afraid of confrontations and				I am very action-oriented.	T F
altercations.	T	F		I am very handy around the house.	T F
I save up a lot of money in the event of				I am very active outdoors.	T F
a crisis.	T	F		I engage in daring activities such as	
I tend to create strong, lasting bonds				skydiving and motorcycle riding.	T F
with others.	T	F		I can solve problems spontaneously.	T F
I am a stable pillar in people's lives.	T	F		I rarely have carbohydrate cravings.	T F
<b>Character</b>				I usually grab a quick meal on the run.	T F
I believe in the adage "Early to bed,				I'm not very consistent with my exercise	
early to rise."	T	F		routine; I may exercise daily for three	
I believe in meeting deadlines.	T	F		weeks and then skip it for a month.	T F
I try to please others the best I can.	T	F		<b>Personality</b>	
I am a perfectionist.	T	F		I live life in the immediate moment.	T F
I am good at maintaining long-lasting				I like to perform/entertain in public.	T F
relationships.	T	F		I tend to gather facts in an unorganized	
I pay attention to where my money goes.	T	F		manner.	T F
I believe that the world would be more				I am very flexible.	T F
peaceful if people would improve				I am a great negotiator.	T F
their morals.	T	F		I often just like to "eat, drink and be merry."	T F
I am very loyal and devoted to my				I am dramatic.	T F
loved ones.	T	F		I am very artistic.	T F
I have high ethical standards that I				I am a good craftsman.	T F
live by.	T	F		I'm a risk taker when it comes to sports.	T F
I pay close attention to laws, principles				I believe in psychics.	T F
and policies.	T	F		I can easily take advantage of others.	T F
I believe in participating in service for				I am cynical of others' philosophies.	T F
the community.	T	F		I like to have fun.	T F
<b>Total number of T responses:</b>	_____			My favorite types of movies are horror	
				flicks.	T F
				I am fascinated with 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 with loved ones end.	T	F
I don't pay much attention to how I spend my money.	T	F
I have many frivolous relationships.	T	F
<b>Character</b>		
I always keep my options open in case something better comes up.	T	F
I don't 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 pray only when I'm in need of spiritual support.	T	F
I don't have particularly high morals and ethical values.	T	F
I do what I want, when I want to.	T	F
I don't care about being perfect; I just live my life.	T	F
Savings are for suckers.	T	F

**Total number of T responses:** \_\_\_\_\_

**Results**

- 1A Total number of T responses: dopamine nature \_\_\_\_\_
- 2A Total number of T responses: acetylcholine nature \_\_\_\_\_
- 3A Total number of T responses: GABA nature \_\_\_\_\_
- 4A Total number of T responses: serotonin nature \_\_\_\_\_

The category 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.

*Note:* When any other nature is 10-15 points lower than the dominant one, the nature with the lower score is probably a lifelong relative deficiency and needs balance even in times of good health. For example, if your score is 40 dopamine, 33 acetylcholine, 25 GABA, and 17 serotonin, you likely have long-standing relative deficiencies in both GABA and serotonin.

**PART 2:  
DEFINING YOUR DEFICIENCIES**

**Instructions:** Answer each question by circling either T for true or F for false. At the end of each group, record only the total number of true statements in the space provided.

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 these symptoms, or even if they occurred today for the first time.

**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 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 or Ecstasy.	T	F

**Personality**

I feel fine just following others.	T	F
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

<b>Character</b>				<b>3B</b>		
I have lost my reasoning skills.	T	F		<b>Memory and Attention</b>		
I can't make good decisions.	T	F		I find it difficult to concentrate because		
				I'm nervous and jumpy.	T	F
<b>Total number of T responses:</b>	_____			I can't remember phone numbers.	T	F
				I have trouble finding the right word.	T	F
<b>2B</b>				I have trouble remembering things when		
<b>Memory and Attention</b>				I am put on the spot.	T	F
I lack imagination.	T	F		I know I am intelligent, but it is hard to		
I have difficulty remembering names when				show others.	T	F
I first meet people.	T	F		My ability to focus comes and goes.	T	F
I have noticed that my memory ability				When I read, I find I have to go back over		
is decreasing.	T	F		the same paragraph a few times to		
My significant other tells me I don't have				absorb the information.	T	F
romantic thoughts.	T	F		I am a quick thinker but can't always say		
I can't remember my friends' birthdays.	T	F		what I mean,	T	F
I have lost some of my creativity.	T	F		<b>Physical</b>		
<b>Physical</b>				I feel shaky.	T	F
I have insomnia.	T	F		I sometimes tremble,	T	F
I have lost muscle tone.	T	F		I have frequent backaches and/or headaches.	T	F
I don't exercise anymore.	T	F		I tend to have shortness of breath.	T	F
I crave fatty foods.	T	F		I tend to have heart palpitations.	T	F
I have experimented with hallucinogens or				I tend to have cold hands.	T	F
other illicit drugs.	T	F		I sometimes sweat too much.	T	F
I feel like my body is falling apart.	T	F		I am sometimes dizzy.	T	F
I can't breathe easily.	T	F		I often have muscle tension.	T	F
<b>Personality</b>				I tend to get butterflies in my stomach.	T	F
I don't feel joy very often.	T	F		I crave bitter foods.	T	F
I feel despair.	T	F		I am often nervous.	T	F
I protect myself from being hurt by others				I like yoga because it helps me to relax.	T	F
by never telling much about myself.	T	F		I often feel fatigued even when I have had		
I find it more comfortable to do things				a good night's sleep.	T	F
alone rather than in a large group.	T	F		I overeat.	T	F
Other people get angrier about bothersome				<b>Personality</b>		
things than I do.	T	F		I have mood swings.	T	F
I give in easily and tend to be submissive.	T	F		I enjoy doing many things at one time,		
I rarely feel passionate about anything.	T	F		but I find it difficult to decide what		
I like routine.	T	F		to do first.	T	F
<b>Character</b>				I tend to do things just because I think		
I don't care about anyone's stories				they'd be fun.	T	F
but mine.	T	F		When things are dull, I always try to		
I don't pay attention to people's feelings.	T	F		introduce some excitement.	T	F
I don't feel buoyant.	T	F		I tend to be fickle, changing my mood		
I'm obsessed with my deficiencies.	T	F		and thoughts frequently.	T	F
				I tend to get overly excited about things.	T	F
<b>Total number of T responses:</b>	_____			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 the reaction of others may be.	T F	<b>Character</b>	
I sometimes have fits of rage and then feel terribly guilty.	T F	I can't stop thinking about the meaning of life.	T F
I often tell lies to get out of trouble.	T F	I no longer want to take risks.	T F
I have always had less interest than the average person in sex.	T F	The lack of meaning in my life is painful to me.	T F
<b>Character</b>		<b>Total number of T responses:</b>	_____
I don't play by the rules anymore.	T F	<b>Results</b>	
I have lost many friends.	T F	1B Total number of T responses: dopamine deficiency	_____
I can't sustain romantic relationships.	T F	2B Total number of T responses: acetylcholine deficiency	_____
I consider the law arbitrary and without reason.	T F	3B Total number of T responses: GABA deficiency	_____
I now consider rules that I used to follow ridiculous.	T F	4B Total number of T responses: serotonin deficiency	_____
<b>Total number of T responses:</b>	_____		
<b>4B</b>			
<b>Memory and Attention</b>			
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		
<b>Physical</b>			
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 relax.	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		
<b>Personality</b>			
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 in 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		