

Nature Assessment

Section 1A

Memory and Attention

- | | | | |
|-----------------------------------|-----|--|-----|
| <i>I concentrate effectively.</i> | T F | <i>I tend to criticize and analyze my thoughts.</i> | T F |
| <i>I am a deep thinker.</i> | T F | <i>I become distracted because I do so many tasks at once.</i> | T F |
| <i>I enjoy intense debate.</i> | T F | <i>I have a good imagination.</i> | T F |
| <i>I am a quick thinker.</i> | T F | <i>I find it easy to process my thoughts.</i> | T F |

Memory and Attention True Count _____

Physical

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

Physical True Count _____

Personality

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

Personality True Count _____

Character

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

Character True Count _____

Total True Count for Section 1A _____

Section 2A

Memory and Attention

- | | | | |
|--|-----|--|-----|
| <i>I am very creative.</i> | T F | <i>I have an excellent attention span and rarely miss a thing.</i> | T F |
| <i>I am an excellent listener.</i> | T F | <i>I notice everything going on around me.</i> | T F |
| <i>My memory is very strong.</i> | T F | <i>I am good at remembering stories.</i> | T F |
| <i>I usually do not forget a face.</i> | T F | <i>I have a good imagination.</i> | T F |
| <i>I have many good hunches.</i> | T F | | |

M&A True Count _____

Physical

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

Physical True Count _____

Personality

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

Personality True Count _____

Character

- | | | | |
|---|-----|--|-----|
| <i>I fore see a better future.</i> | T F | <i>I believe that all things are possible, particularly for those who are devoted.</i> | T F |
| <i>I am inspired to help other people.</i> | T F | <i>Charity and altruism come from the heart, and I have plenty of both.</i> | T F |
| <i>Others think me of as having vision.</i> | T F | <i>I'm happy with someone who just treats me right.</i> | T F |
| <i>My thoughts on religion often change.</i> | T F | <i>I am good at creating harmony between people.</i> | T F |
| <i>I am an idealist, but not a perfectionist.</i> | T/F | | |

Character True Count _____

Total True Count for Section 2A _____

Section 3A

Memory and Attention

- | | | | |
|---|-----|--|-----|
| <i>I retain most of what I hear.</i> | T F | <i>I have a stable attention span and can follow other people's logic.</i> | T F |
| <i>I learn from my experiences.</i> | T F | <i>I can focus very well on tasks and people's stories.</i> | T F |
| <i>I am good at remembering names.</i> | T F | <i>I enjoy reading people more than books.</i> | T F |
| <i>I can remember facts people tell me.</i> | T F | | |

M&A True Count _____

Physical

<i>I sleep well.</i>	T F	<i>I don't have many harmful food cravings such as sugar.</i>	T F
<i>I am a calm person.</i>	T F	<i>When it comes to sex, I am not very experimental.</i>	T F
<i>I find it easy to relax.</i>	T F	<i>Exercising is a regimented habit for me.</i>	T F
<i>I have low blood pressure.</i>	T F	<i>I tend to have high physical endurance.</i>	T F
<i>I have little muscle tension.</i>	T F	<i>I find it easy to fall asleep at night.</i>	T F
<i>Caffeine has little effect on me.</i>	T F	<i>I take my time eating my meals.</i>	T F

Physical True Count _____

Personality

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

Personality True Count _____

Character

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

Character True Count _____

Total True Count for Section 3A _____

Section 4A

Memory and Attention

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

M&A True Count _____

Physical

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

Physical True Count _____

Personality

- | | | | |
|---|-----|---|-----|
| <i>I am dramatic.</i> | T F | <i>I am easily able to separate and move on when relationships with loved ones end.</i> | T F |
| <i>I like to have fun.</i> | T F | <i>I don't pay much attention to how I spend my money.</i> | T F |
| <i>I am very artistic.</i> | T F | <i>I tend to gather facts in an unorganized manner.</i> | T F |
| <i>I am very flexible.</i> | T F | <i>My favorite types of movies are horror films.</i> | T F |
| <i>I believe in psychics.</i> | T F | <i>I often like to "eat, drink, and be merry."</i> | T F |
| <i>I am a great negotiator.</i> | T F | <i>I'm a risk taker when it comes to sports.</i> | T F |
| <i>I am a good craftsman.</i> | T F | <i>I can easily take advantage of others.</i> | T F |
| <i>I am fascinated with weapons.</i> | T F | <i>I like to perform/entertain in public.</i> | T F |
| <i>I rarely stick to a plan or agenda.</i> | T F | <i>I live life in the immediate moment.</i> | T F |
| <i>I have trouble remaining faithful.</i> | T F | <i>I am cynical of others' philosophies.</i> | T F |
| <i>I have many frivolous relationships.</i> | T F | | |

Personality True Count _____

Character

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

Character True Count _____

Total True Count for Section 4A _____

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 _____