

You've Got Personality!

Check off statements in each column that best describe how you feel, or what things you may often say. It is common to have check marks in more than one column. (Cover up the bottom of this page while you are checking off the phrases that best describe you.)

1-This best describes me!

- I burn out easily
- I'm bored
- I can't focus; I don't like changes
- I have no energy
- I have a hard time making commitments
- I can't get things done
- There's no excitement in my life.
- I have low energy
- I drink a lot of caffeine
- I am a thrill seeker/risk taker

2-This best describes me!

- I worry about everything
- I like to be in control of things
- I can't really relax
- I have low energy
- I am very emotional
- I can't control my anger
- I am shy in social situations
- I get depressed
- I have "stomach" problems
- I worry about everything

3-This best describes me!

- There's no joy in my life
- Life is hard
- Nothing seems worth the effort
- I must take care of everyone/thing
- I can't really relax
- It's hard for me to stop my mind
- I have panic attacks
- I am slender (thin/underweight)
- I have trouble falling asleep
- I am a couch potato
- There is little joy in my life

4-This best describes me!

- I have chronic physical pain
- I have emotional pain from my past
- Events in my life have traumatized me
- I sometimes use pain medications
- I have a hard time unwinding after work
- I have a low tolerance for pain
- I don't experience much pleasure
- I cry easily
- I am very sensitive
- I get sick a lot (colds/flu)
- I get headaches/irritable if I don't eat

The #1 list describes someone who has dopamine (catecholamine) deficiencies.

The #2 list describes someone who has serotonin deficiencies.

The #3 list describes someone who has GABA deficiencies.

The # 4 list describes someone who has endorphin/enkephalin deficiencies.

Check marks in more than one column describes someone with mixed deficiencies