

Amino Acid Test

Dopamine		
I have trouble paying 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 its interesting to me	True	False
I am slow at learning new ideas	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 addiction	True	False
I have recently felt worn out for no apparent reason	True	False
I sometimes experience total exhaustion without even 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 a craving for cocaine amphetamines or ecstasy	True	False
I feel fine just following others	True	False
People seem to take advantage of me	True	False
I am feeling very down of 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	True	False
I have lost my reasoning skills	True	False
I can't make good decisions	True	False
Acetylcholine		
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 that I don't have romantic thoughts	True	False
I can't remember my friends' birthdays	True	False
I have lost some of my creativity	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	True	False
I don't feel joy often	True	False
I feel despair	True	False
I protect myself from being hurt by others by never talking 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	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'm obsessed with my deficiencies	True	False
Gaba		
I find it difficult to concentrate because I am 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 am put on the spot	True	False
I know that I am intelligent but its hard to show others	True	False
My ability to focus comes and goes	True	False
When I read, I find that I have to go over the same paragraph a few times to absorb the information	True	False
I am a quick thinker, but I can't always say what I mean	True	False
I feel shaky	True	False
I sometimes tremble	True	False
I have frequent backaches 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 exercise because it helps me relax	True	False
I often feel fatigued even when I have had a good night's sleep	True	False
I overeat	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 mood and thought 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 no matter what the reaction of others may be	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	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	True	False

Serotonin		
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	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 wake early in the morning	True	False
I can't relax	True	False
I wake up at least twice per night	True	False
It is difficult for me to fall back to sleep when I am awakened	True	False
I crave salt	True	False
I have less energy to exercise	True	False
I am sad	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 thoughts too much	True	False
I am sometimes so structured that I become inflexible	True	False
My imagination takes over	True	False
Fear grips me	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	True	False
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Credit: Dr Eric Braverman