



Behavior Rating Assessment (B.R.A)

Instructions:

For each question, assign a rating from 1 to 4.

Place your selected number in the space to the Right of each item.

Scale:

1 — Strongly Disagree

2 — Disagree

3 — Agree

4 — Strongly Agree



SECTION A — Physical Responses

1. I feel soreness, tenderness, or overstimulation after beanplay. ____
2. I crave bean-based temperature play more than normal physical affection. ____
3. I feel physical discomfort when trying to climax without beans. ____
4. I've microwaved a mason jar more than twice in one night. ____
5. I experience Phantom Bean Sensations™ (feeling beans when none are present). ____

Subtotal A: ____ / 20

SECTION B — Emotional Indicators

1. I feel anxious or irritable if I go a day without beanplay. ____
2. I use beanplay as a stress-relief tool more than three times a week. ____
3. I feel guilt or shame about my bean usage. ____
4. I hide beanplay behaviors from my partner, roommates, or spouse. ____
5. I feel "empty" or "missing something" when not using beans ____

Subtotal B: ____ / 20



SECTION C — Behavioral Patterns

1. My bean sessions last longer than intended. ____
2. Beanplay has interrupted sleep, work, or responsibilities. ____
3. I have reorganized my pantry based on sexual potential rather than storage. ____
4. I choose bean-related activities over social interaction. ____
5. I escalate intensity or variety of beans to “feel something.” ____

Subtotal C: ____ / 20

SECTION D — Relationship & Social

1. My partner has expressed concern about my bean usage. ____
2. Beanplay has replaced or overshadowed my sexual intimacy. ____
3. I avoid physical touch unless bean-enhanced. ____
4. I feel defensive when someone jokes about my bean usage. ____
5. My relationship feels strained because of bean habits. ____

Subtotal D: ____ / 20

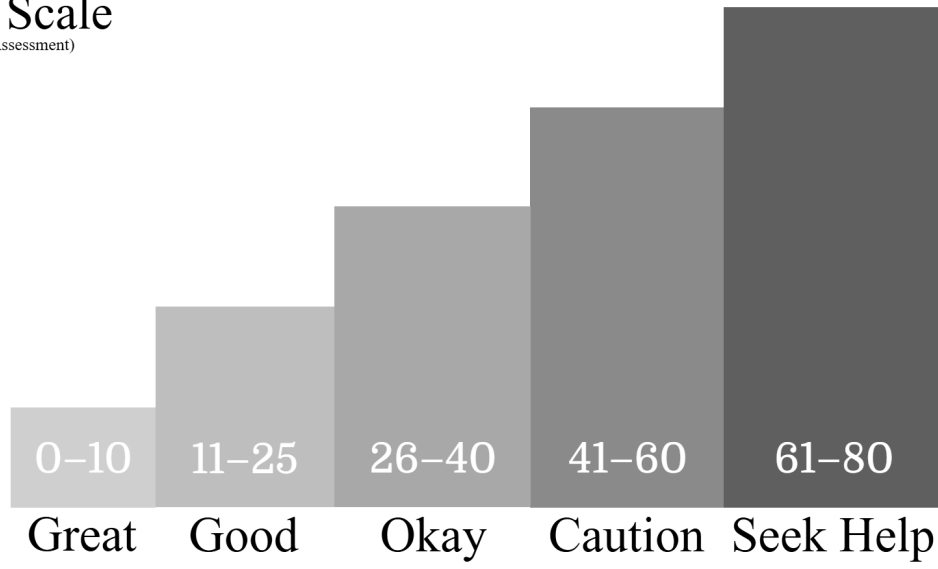
Tally the total score from all four sections and write it below:

TOTAL SCORE: ____ / 80



B.R.A Scale

(Behavior Rating Assessment)



Institute for Legume-Centric Behavioral Sciences (ILCBS)

Note:

Unless formally evaluated by a *certified professional beaner*, all scores should be considered approximate and subject to natural variability.



BRA Score Interpretation Chart

Great (0–10)

You are balanced, grounded, and in full command of your beanplay habits. No action needed, continue living your best, well-regulated bean life.

Good (11–25)

You're enthusiastic but still mostly in control. A light reset or short detox may refresh your senses and prevent future imbalance.

Okay (26–40)

You're feeling the early signs of bean dependence. Beanplay may be creeping into your routine more than intended. A structured weening plan is recommended.

Caution (41–60)

You're entering uncertain territory. Your relationship with beans may be affecting your physical, emotional, or relational well-being. Strongly consider a detox, a Sabbatical, or partner-based intervention.

Seek Help (61–80)

You are in Full-Bean Immersion. Beanplay is now driving your schedule, mood, and/or intimacy. It's time to pause, reset, and rebuild balance using the frameworks in this chapter.