To find out whether you are a left brain or a right brain thinker, read through the pairs of statements. Check the statement from each pair that is most typical of you. (See back of this page for your test results.)

**Modes of Thinking**

**Right Brain**

- I enjoy planning new things in detail.
- I am logical & rarely jump to conclusion.
- I rarely daydream or remember my dreams.
- I try to find the reasons behind other people’s problems.
- I prefer I prefer mathematical & scientific subjects to artistic subjects.
- I am punctual & have a good sense of time.
- I am good at describing my feelings in words.
- I rely on evidence when making a decision.
- My files & reference materials are in perfect order.
- I keep my hands still when I am talking.
- I rarely have hunches & prefer not to follow my intuition.
- I rarely think visual terms.
- I am good at explaining things.
- I solve problems by keeping at them & trying different approaches until I find a solution.
- I am very good at puzzles & word games.
- I have my feelings well under control.
- I prefer reading non-fiction to romantic novels.
- I analyze problems.
- I am not particularly musical.

**Left Brain**

- I enjoy doing new things on the spur of the moment.
- I can reach conclusions without following the details of an argument.
- My dreams are very vivid & I often daydream.
- I can rarely see the motivation behind other people’s behavior.
- I prefer artistic subject to mathematical & scientific subjects.
- I am rarely punctual & have a poor sense of time.
- I find it difficult to put my feelings into words.
- I rely on my feeling when making a decision.
- I rarely bother to file things.
- I gesture a lot when I am talking.
- I rely on my instincts & follow my hunches.
- My impressions & thoughts often appear as pictures.
- I can understand what someone means without being able to explain it.
- I solve problems by putting them to the back of my mind & waiting for a solution to come up.
- I do not enjoy puzzles & work games.
- I let my feelings show.
- I prefer reading romantic novels to non-fiction.
- I deal with a problem as a whole.
- I am very fond of music. (over)

**Introduction:**

“I’m of two minds about it.” We’ve probably all said that at one time or another without realizing that in some ways it is literally true. Researchers have discovered that the two halves of the human brain- the left hemisphere and the right hemisphere-work in very different ways. They can work together, each hemisphere contributing its own special abilities to the task at hand, or they can work separately, or they can even work in opposition to each other. As the left hemisphere controls the right hand, and right hemisphere controls the left hand, there may well be times when the right hand does not know what the left hand is doing. In most people one hemisphere tends to dominate the other.
Modes of Thinking

If your score in the left hand columns is much higher than your score in the right hand column, then you are a left brain thinker. If your score in the right hand column is much the higher, then you are right brain thinker. If the scores are roughly equal then neither hemisphere predominates in your case.

**Right-brained or left-brained**

If you are a predominantly right brain thinker, you tend to be intuitive and think in pictures. You are probably artistic or musical. You see things as a whole, and your leaps of insight enable you to create new combinations of ideas.

If you are a predominantly left brain thinker, you tend to be logical and to verbalize your ideas. You are probably skilled with numbers or with words. You analyze things, and arrive at new ideas by working through the information you have and reaching a rational conclusion.

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**Left brain**

- Deals with verbal ideas and uses words to describe things
- Analyzes: breaks thing down into their constituent parts
- Uses symbols to represent things
- Abstracts relevant pieces of information from the whole
- Good sense of time
- Relies on facts and reasoning
- Good sense of number
- Poor sense of spatial relationships
- Logical
- Thinks linearly – one idea follows another

**Right brain**

- Aware of things but does not connect them with words- uses gestures or pictures in description
- Synthesizes: puts parts together to form a whole
- See things as they are.
- Makes analogies and sees likenesses
- Poor sense of time
- Relies on intuition and instinct
- Poor sense of number
- Good sense of spatial relationships
- Intuitive
- Thinks holistically- sees patterns linking ideas as a whole