

Are You Left-Brained or Right-Brained? (An Assessment)

The questionnaire below is designed to provide you with a "profile" which identifies the strength of your left-brain and right-brain characteristics (see pg 43 for description of characteristics).

Directions: Circle the number that best describes how you operate in a particular situation. An L5 indicates the strongest inclination for the tendency described; an R5 shows a strong opposite tendency. You may circle a number in both columns. Go with your first impulse and consider your behavior both at work and at home--where you probably have more freedom to plan your day as you wish.

Do you start each day by making a list, setting priorities and sticking to them? Or do you like to jump in and plan as you go?

L5.....4.....3.....2.....1.....0.....1.....2.....3.....4.....R5

Do you stick to the same routine every morning? Or do you alter your routine based on the way you feel and find yourself to be fairly unpredictable?

L5.....4.....3.....2.....1.....0.....1.....2.....3.....4.....R5

Do you prefer to finish one thing before starting another? Or do you enjoy moving back and forth between projects?

L5.....4.....3.....2.....1.....0.....1.....2.....3.....4.....R5

Is it important to maintain routine systems of organization, and does it bother you when others disregard your system? Or do you frequently change your routines and find it boring to always do things the same way?

L5.....4.....3.....2.....1.....0.....1.....2.....3.....4.....R5

Do you get irritated by changes in your schedule or when a friend pops over unannounced? Or can you easily shift gears and enjoy the surprise?

L5.....4.....3.....2.....1.....0.....1.....2.....3.....4.....R5

Do you prefer several days notice before going out of town or having guests over for dinner? Or are you always ready for spur-of-the-moment opportunities?

L5.....4.....3.....2.....1.....0.....1.....2.....3.....4.....R5

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When asked to help on a project, do you check previous commitments, saying "no" when you are too busy? Or do you say "yes," only to realize later that you are spread too thin?

L5.....4.....3.....2.....1.....0.....1.....2.....3.....4.....R5

Do you enjoy following through with details on projects? Or would you rather come up with a new idea, promote it, then let someone else handle all the details?

L5.....4.....3.....2.....1.....0.....1.....2.....3.....4.....R5

If you have a big project to complete, do you barricade yourself in a room with no distractions and work until it is completed? Or do you spread everything out on the table or floor, turn on some music, make a snack, then start?

L5.....4.....3.....2.....1.....0.....1.....2.....3.....4.....R5

At the end of the day, do you clean up your work area at home or at the office because you don't like to come back to clutter? Or do you leave unfinished work out on the desk so you can pick up where you left off?

L5.....4.....3.....2.....1.....0.....1.....2.....3.....4.....R5

Total L Score: _____

Total R Score: _____

ASSESSMENT SCORING

Add up the numbers circled in each column and put the total in the space above for both total "L" scores and total "R" scores. The left column describes typical traits of a left-brain-oriented person, while the right column depicts right-brain traits. The column you scored higher in should generally indicate the extent of your dominance. But before you analyze your score, note that many people behave in a left-brain manner at work but in a right-brain manner at home. Thus, your answers pertaining to how you behave at home may carry more weight than those regarding how you behave at the office.

A score of 40 or more on either side usually indicates a strong dominance, especially if the total of the other column is less than 20. If both scores fall within 15 points of each other, you have an integrated working style. This has many advantages. First, it allows you to be flexible rather than rigid as you go about your day. But also, whole-brain people get the best of both worlds by adding structure to their creative and spontaneous activities and by adding creative insights to logic-oriented problem-solving tasks. (For more info see: [Building Brain Power](#) by Ann McGee-Cooper)

Left-Brain and Right-Brain Characteristics

Right Hemisphere

- Irrational
- Illogical
- Holistic
- Spontaneous
- Feelings
- Imagination
- Art, Music, Dance
- Mime, Theatre
- Intuition
- Spatial
- People-Oriented
- "Let's Do It!"
- Creative
- Think in Pictures
- Dreamer
- Playful
- 3-D Thinking

Left Hemisphere

- Rational
- Logical
- Linear
- Sequential
- Facts
- Knowledge
- Language, Math, Law
- Systems
- Rules
- Symbols
- Fact-Oriented
- "Let's Plan First!"
- Implement
- Think in Words and Figures
- Worker
- Serious
- 2-D Thinking

"The more connections that can be made in the brain, the more integrated the experience is within memory."

Don Campbell

"If the brain is a computer, then it is the only one that runs on glucose, generates 10 watts of electricity, and is manufactured by unskilled labor."

David Lewis