**Left and Right Brain Test**



**Directions:** This is a test to take yourself and give to your friends.

Every time you read a description or characteristic that applies to you, highlight or bold its number.

a. There is no certain number of characteristics you must choose.

1. I constantly look at a clock or wear a watch

2. I keep a journal or diary of my thoughts

3. I believe there is a either right and wrong way to do everything

4. I find it hard to follow directions precisely

5. The expression "Life is just a bowl of cherries" makes no sense to me

6. I frequently change my plans and find that sticking to a schedule is boring

7. I think it's easier to draw a map than tell someone how to get somewhere

8. To find a lost item, I try to picture it in my head where I last saw it

9. I frequently let my emotions guide me

10. I learn math with ease

11. I'd read the directions before assembling something

12. People tell me I am always late getting places

13. People have told me that I'm psychic

14. I need to set goals for myself to keep me on track

15. When somebody asks me a question, I turn my head to the left

16. If I have a tough decision to make, I write down the pros and the cons

17. I'd probably make a good detective

18. I learn music with ease

19. To solve a problem, I think of similar problems I have solved in the past

20. I use a lot of gestures

21. If someone asks me a question, I turn my head to the right

22. I believe there are two ways to look at almost everything

23. I have the ability to tell if people are lying or guilty of something, just by looking at them

24. I keep a "to do" list

25. I am able to thoroughly explain my opinions in words

26. In a debate, I am objective and look at the facts before forming an opinion

27. I've considered becoming a poet, a politician, an architect, or a dancer

28. I always lose track of time

29. When trying to remember a name I forgot, I'd recite the alphabet until I

remembered it

30. I like to draw

31. When I'm confused, I usually go with my gut instinct

32. I have considered becoming a lawyer, journalist, or doctor

iii. Next to every number you highlighted, write whether it was an L or an R.

|  |  |  |  |
| --- | --- | --- | --- |
| **1. L**  **2. L**  **3. L**  **4. R**  **5. L**  **6. R**  **7. R**  **8. L** | **9. R**  **10. L**  **11. L**  **12. R**  **13. R**  **14. L**  **15. R**  **16. L** | **17. L**  **18. R**  **19. R**  **20. R**  **21. L**  **22. R**  **23. R**  **24. L** | **25. L**  **26. L**  **27. R**  **28. R**  **29. L**  **30. R**  **31. R**  **32. L** |

iv. Count up the number of L's and R's.

a. Whichever number is higher represents your dominance.

b. If the numbers are close, that means you use both sides of your brain equally.

v. Below is a graphic of **Left Brain Functions** and **Right Brain Functions**

a. If you had more **L**’s look at the **Left Brain Functions** to find

characteristics and info of left brain individuals.

b. If you had more **R**’s look at the **Right Brain Functions** to find characteristics and info of right brain individuals.

c. List the ones that apply to you the most

d. submit the assignment

