



## Left and Right Brain Test



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

- i. Get a blank sheet of lined paper.
  - ii. Every time you read a description or characteristic that applies to you, write down its number on the blank sheet of paper.
    - a. There is no certain number of characteristics you must choose.
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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 either a 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 on your paper, write whether it was an L or an R.

1. L	9. R	17.L	25.L
2. L	10.L	18.R	26.L
3. L	11.L	19.R	27.R
4. R	12.R	20.R	28.R
5. L	13.R	21.L	29.L
6. R	14.L	22.R	30.R
7. R	15.R	23.R	31.R
8. L	16.L	24.L	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 are 2 links: **Left Brain Characteristics** and **Right Brain Characteristics**.

- a. If you had more **L's** click the **Left Brain Characteristics** to find characteristics and info of left brain individuals.
- b. If you had more **R's** click the **Right Brain Characteristics** to find characteristics and info of right brain individuals.
- c. Print off the characteristics and highlight the ones that apply to you the most

[Left Brain Characteristics](#)

[Right Brain Characteristics](#)