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.

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 an 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 on your paper, write whether it was an L or an R.

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>L</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>L</td>
<td>16. L</td>
<td>24. R</td>
<td>32. L</td>
</tr>
</tbody>
</table>

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**