

Are You Left or Right Brain Dominant?

by Amy Scholten

Our brains have two distinct hemispheres known as the left and the right brain. Each hemisphere plays a role in how we learn and function. Usually, one side of the brain is more dominant than the other. *Left brain-dominant* people use rational logic when identifying and solving problems. They tend to be more detail-oriented. People with *right brain dominance* apply creativity to problem solving. They rely more on intuition and are good at assessing the overall picture of a situation. Right brain thinkers tend not to be as detail-oriented.

The purpose of this assessment is to help you determine which hemisphere of your brain is more dominant. Please keep in mind that this is not a diagnostic tool.

Directions: Please read each statement carefully and select the answer that best describes your situation. When finished, interpret your score at the bottom of the page.

- 1. I tend to think in:**
 - a) Words
 - b) Pictures

- 2. I tend to prefer:**
 - a) Structure, guidelines, rules
 - b) Less structured situations

- 3. If I have to assemble something, I prefer to:**
 - a) Read the directions first
 - b) Not read directions unless I have to

- 4. I'm good at math.**
 - a) True
 - b) False

- 5. I tend to pay more attention to:**
 - a) The details
 - b) The big picture

- 6. I learn best by:**
 - a) Hearing something

b) Seeing something

7. I tend to be artistic (enjoy activities such as drawing, painting, drama, music, dance, graphic art, photography).

a) No

b) Yes

8. I tend to be more:

a) Careful and cautious

b) Impulsive and ready to take risks

9. I tend to make judgments based on:

a) Gathering facts

b) My intuition or "gut" feeling

10. I'm more apt to:

a) Write down my goals

b) Daydream about my goals

11. I tend to be more:

a) Organized

b) Disorganized (misplace things a lot)

12. I tend to think about issues...

a) In absolutes (as black or white, good or bad, right or wrong)

b) From different points of view

13. My thinking tend to be more:

a) Focused

b) Random, hyperactive, wandering

14. I tend to:

a) Keep track of time, be punctual

b) Lose track of time, be late

15. When it comes to feelings (my own or others'), I tend to be...

a) A bit clueless at times

b) Very aware

16. I would be better at:

- a) Teaching or correcting
- b) Motivating, inspiring

17. I would rather write:

- a) Factual information
- b) Stories or creative essays

18. I'm more apt to be told that I'm too:

- a) Uncompromising, inflexible
- b) Pliable, flexible

19. I tend to do well at taking tests.

- a) Yes
- b) No

20. When giving directions, I prefer to:

- a) Give verbal directions
- b) Draw a map

21. When someone is speaking, I respond most to:

- a) The words that are being spoken
- b) How the words are being spoken (tone, volume, emotion, tempo)

Scoring

Number of a and b Answers	Point Value for Answers	Total Point Value (multiply total number of a and answers by their corresponding point value)
Number of a answers:	All a answers = 0 points	
Number of b answers:	All b answers = 1 point	

Your Score	Interpretation
0-10	Your score suggests that you are left brain dominant. This means that you are more logical, analytical and objective. The lower your score, the more you rely on your left brain. High scores indicate that your left and right brain are more balanced.
11-21	Your score suggests that you are right brain dominant . This means that you are more intuitive, thoughtful and subjective. The higher your score, the more you rely on your right brain. Lower scores in this range indicate that your left and right brain are more balanced.

Source:

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Biography

Amy Scholten, MPH, has a Master of Public Health in health promotion and education from the University of South Carolina and a Bachelor of Science in food and nutrition from Framingham State College. She is a freelance health writer and has taught stress management at Ithaca College in Ithaca, NY, USA.