

# Dominant Brain Hemisphere Learning Experience

## Left Brain Personality Dominant Functions

## Right Brain Personality Dominant Functions

Daydreaming \* Wholistic \* Emotions \* Intuition \* Creativity \* Spatial Awareness

Words \* Self-Control \* Logic \* Math \* Speech \* Judgment \* Analysis \* Sequence \* Lines \* Lists

| <b>Circle one or both answers that apply to you. There is no correct answer...right or wrong.</b>                                 | <b>Answers</b> |             |
|---|----------------|-------------|
| Point to a distant object at least 10 feet distant with your dominant hand. Close your right eye. Is your finger still on center? | Yes            | No          |
| Do you use your right hand most of the time and feel your left hand is weak and uncoordinated?                                    | Yes            | No          |
| Are you good at solving math and algebra problems and enjoy working with numbers?   | Yes            | No          |
| Did geometry, triangles and shapes give you a headache. Do you feel geometry is a total waste of time and energy?                 | Yes            | No          |
| Is it easy for you to think logically and make decisions after you analyze all the available information?                         | Yes            | No          |
| Are you unemotional most of the time and have a very steady personality?  | Yes            | No          |
| Do you love to read non-fictional books about science, history and math?  | Yes            | No          |
| Do enjoy telling people what to do and where to go more than having a conversation where you have to listen to others?            | Yes            | No          |
| Is competition something you love and winning is everything?  | Yes            | No          |
| Are you coordinated and love sports that require running and hand-eye coordination?   | Yes            | No          |
| Is it hard for you to stay in the present moment because you are always thinking about future events?                             | Yes            | No          |
| Are you always looking at your watch or the clock thinking about what you are going to do later today?                            | Yes            | No          |
| Did you feel the brain balancing pictures were a joke because it was too hard to see the hidden images?                           | Yes            | No          |
| Was the Captain Biorhythm picture stupid because it did not make any sense at all?  | Yes            | No          |
| Do you prefer sports where you are in total control, make all the decisions; that don't require any teamwork?                     | Yes            | No          |
| Do you hate dancing, lack rhythm, loathe singing and think playing musical instruments are a total waste of time?                 | Yes            | No          |
| Do you have a hard time catching and hitting objects that are moving.   | Yes            | No          |
| Is daydreaming is a waste of time because you are always thinking about what you want to do and where you want to go?             | Yes            | No          |
| Do drawing pictures, images and shapes fill you with severe fear of failure?  | Yes            | No          |
| Do you prefer to think in words rather than pictures?   | Yes            | No          |
| Is it easy for you to create new ideas and theories that are unique and break the mold of established thought?                    | Yes            | No          |
| Are you better at seeing how the parts fit together than visualizing the completed project?                                       | Yes            | No          |
| Do you exhibit the self-control that is rock solid and rarely ruffled by anything going on around you?                            | Yes            | No          |
| Do you think art is a waste of time and money?  | Yes            | No          |
| Are you offended by people who wear bright colors and outrageous clothes?   | Yes            | No          |
| <b>Totals</b>   |                |             |
| <b>Your score in each column determines your degree of balance or hemisphere dominance!</b>                                       | Left Brain     | Right Brain |

**Your totals determine the balance between your brain hemispheres.**

**Future \* Time \* Competition \* Sports \* Coordination**

**Music \* Conversation \* Rhythm \* Teamwork \* Color \* Art**