

## Know How You Think

### BRAIN DOMINANCE

*Read each statement. If it describes you then circle the number. When you are done, look at the key at the bottom of the page and circle the same numbers that you circled in the statements. When you are done, write the number of circled R's on the Right Total line and write the number of circled L's on the Left Total line.*

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 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 tilt 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 tilt my head to the right.
22. I believe there are two ways to look at almost everything.
23. I can tell if people are lying or guilty of something, just by looking at them.
24. I keep a "to do" list.
25. I can 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 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.

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

Left Total \_\_\_\_\_ Right Total \_\_\_\_\_