

## LEFT AND RIGHT BRAIN THINKING STYLES (From Roger Sperry's original research)

LEFT	RIGHT
Left hemisphere, cerebral cortex	Right hemisphere, cerebral cortex
<b>CONVERGENT THINKING</b>	<b>DIVERGENT THINKING</b>
<ul style="list-style-type: none"><li>• Logic</li><li>• Language</li><li>• Mathematical reasoning</li><li>• Attention to detail</li><li>• Sequence</li><li>• Order</li><li>• Analysis</li></ul>	<ul style="list-style-type: none"><li>• <i>Rhythms</i></li><li>• <i>Colours</i></li><li>• <i>Shapes</i></li><li>• <i>Imagining and daydreaming</i></li><li>• <i>Synthesis</i></li><li>• <i>Thinking 'out of the box'</i></li></ul>

- Most individuals have a tendency for one of these two to dominate
- Further research has shown that this dominance is not always true or exact. For instance, there are differences between left and right-handed people; and between men and women
- Most UK schooling has a left-brain bias; yet the most productive educational environments synergise by integrating:
  - Seriousness and play
  - Art and science
  - Discipline and fun
  - Logic and imagination
- Without the balancing influences of intuition and awareness of a larger context, left-brain thinking paralyses intelligence and perverts common sense
- Conversely, right-brain thinking without the influence of discipline and logic can result in extreme ineffectiveness – or outright anarchy
- Try to develop balanced, 'whole-brain' thinking!



In terms of communication, the key point to remember is that you need to be aware of your own, and your colleagues'/team's, tendencies.

**You need to tailor your style of communication to suit that of others.**

## ARE YOU MAINLY LEFT OR RIGHT BRAINED IN YOUR THINKING?

**Directions:** Every time you read a description or characteristic on the list below that applies to you, circle the number next to it. There is no specific number of characteristics you must choose. After you are done, view the key on the next page and circle the corresponding 'L' or 'R' next to your chosen numbers, then add up how many 'L's' and 'R's' you've circled and write in the total for each at the bottom of the page. Whichever number is higher represents your dominance. If the numbers are close, that means you use both sides of your brain equally well. There is no 'correct' answer.

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 a 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 mathematics with ease
11. I'd read the directions before assembling something
12. People tell me I am always late getting to 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

## THE ANALYSIS KEY

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

**Total number of 'L':**

**Total number of 'R':**