Challenge 10.1
Which Side of Your Brain Do You Favor?

There are no “right” or “wrong” answers to this questionnaire. It is more of a self-assessment than a test. Do not read the question more than once. Don’t overanalyze. Merely circle “A” or “B” to indicate which answer is more typical of you.

1. Typically, when I have a problem to solve,
   a. I make a list of possible solutions, prioritize them, and then select the best answer.
   b. I “let it sit” for a while or talk it over with someone before I attempt to reach a solution.

2. When I sit with my hands clasped in my lap (Fold your hands that way right now before going on, then look at your hands), the thumb that is on top is
   a. My right thumb
   b. My left thumb

3. I have hunches:
   a. Sometimes, but do not place much faith in them.
   b. Frequently and I usually follow them

4. If I am at a meeting or lecture, I tend to take extensive notes.
   a. True
   b. False

5. I am well-organized, have a system for doing things, have a place for everything and everything is in place, and can assimilate information quickly and logically.
   a. True
   b. False

6. I am good with numbers.
   a. True
   b. False

7. Finding words in a dictionary or looking up names in a telephone book is something I can do easily and quickly.
   a. True
   b. False

8. If I want to remember directions or other information,
   a. I make notes
   b. I visualize the information

9. I express myself well verbally
   a. True
   b. False

10. To learn dance steps or athletic moves,
    a. I try to understand the sequence of the steps and repeat them mentally.
    b. I don’t think about it, I just try to get the feel of the game or the music.

Interpretation:
- Four, five, or six “A” answers indicate lateralization— and ability to use either hemisphere easily and to solve problems according to their nature rather than according to a favored manner.
- One, two, or three “A” answers indicate right hemisphere dominance; corresponding traits include inventiveness, creativity, innovation, risk taking, whimsy, and an ability to see the “big picture”.
- Seven, eight, or nine “A” answers indicate left hemisphere dominance— a tendency toward attention detail, the use of logic, and traits of thoroughness and accuracy.