



Are You Left or Right Brain Dominant?*

Instructions: Answer the following questions choosing “a” or “b” to get an idea of whether you are right-brain dominant or left-brain dominant.

1. I prefer to deal with:
 - a. Concepts and ideas
 - b. Facts
 2. The people I work with would say that I:
 - a. Like to shake things up.
 - b. Play it safe.
 3. I perform best when:
 - a. I can “wing” it from start to end.
 - b. I have a detailed rules and procedures to guide me.
 4. When I look for solutions to problems, I rely on:
 - a. Intuition
 - b. Logic
 5. People have criticized me for:
 - a. not being detailed oriented
 - b. focusing too much on details
 6. Which statement best describes how you approach your work?
 - a. What if I try a new way?
 - b. Let’s stick to ways we know work.
 7. When I make presentations, I:
 - a. Use lots of color and artwork.
 - b. Use lots of statistics, charts, and graphs
 8. When I have a problem with people who work for me, I:
 - a. Try to understand their viewpoint and work with them to find a solution.
 - b. Tell them what they need to do to fix the problem and expect them to fix it.
 9. My friends and coworkers would say that I’m:
 - a. More focused on the big picture than the short term.
 - b. More focused on the short term than the big picture.
 10. When I communicate, I:
 - a. Begin by setting a positive tone to avoid hurting feelings.
 - b. Make my point quickly and concisely and wait for a response.
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Scoring: Give yourself a point for every “a” answer. Subtract a point for every “b” answer.

- The closer you’re total score is to 10 points, the more likely it is that you’re using your creative, right side of the brain most of the time.
- The closer you’re total score is to a minus 10 points, the more likely it is that you’re using your logical, left side of the brain most of the time.
- The closer you’re total score is to zero, the more likely it is that you’re using both the creative right side of your brain and the logical left.

* Adapted from: Pawlak, J. Diagnose your workplace personality. The Palm Beach Post, January 26, 1997.