

## Right and Left Brain Table

There is a natural tendency towards thinking, the two sides of the brain work together in daily life. The **right brain** focuses on visual, and processes information in an intuitive and simultaneous way, looking at the whole picture then the details. The focus of the **left brain** is verbal, processing information in an analytical and sequential way, looking at the pieces then putting them together to get the whole.

Right Brain Inventory	Left Brain Inventory
• Visual, focusing on images, patterns	• Verbal, focusing on words, symbols, numbers
• Intuitive, led by feelings	• Analytical, led by logic
• Process ideas simultaneously	• Process ideas sequentially, step by step
• 'Mind photos' used to remember things, writing things down or illustrating them helps you remember	• Words used to remember things, remember names rather than faces
• Make lateral connections from information	• Make logical deductions from information
• See the whole first, then the details	• Work up to the whole step by step, focusing on details, information organized
• Organization tends to be lacking	• Highly organized
• Free association	• Like making lists and planning
• Like to know why you're doing something or why rules exist (reasons)	• Likely to follow rules without questioning them
• No sense of time	• Good at keeping track of time
• May have trouble with spelling and finding words to express yourself	• Spelling and mathematical formula easily memorized
• Enjoy touching and feeling actual objects (sensory input)	• Enjoy observing
• Trouble prioritizing, so often late, impulsive	• Plan ahead
• Unlikely to read instruction manual before trying	• Likely read an instruction manual before trying
• Listen to how something is being said	• Listen to what is being said
• Talk with your hands	• Rarely use gestures when talking
• Likely to think you're naturally creative, but need to apply yourself to develop your potential	• Likely to believe you're not creative, need to be willing to try and take risks to develop your potential

For more info visit: <http://painting.about.com/library/blpaint/blrightbraintable.htm>