

Left- and Right-Brain Preferences Profile

God gave man a total brain, and He expects us to present both sides of our brains back to Him so that He can use them under the direction of His Holy Spirit as He so desires (Rom. 12:1-2).

There are two main hemispheres of the brain which carry out different functions. The left side is the more analytical and rational, while the right side is more intuitive and visionary. Obviously, we all use both sides, however most people tend to use one side a bit more than the other. You will want to discover which side of the brain you are naturally gifted by God to use, and consider the gifts that reside in that hemisphere as you consider your placement in ministry.

For instance, if you are left-brain (i.e., analytical and logical), you would find it considerably more difficult to be an artist or a poet or a composer (all ministries which tend to flow from the right hemisphere of the brain). Conversely, if you were more right-brain, these

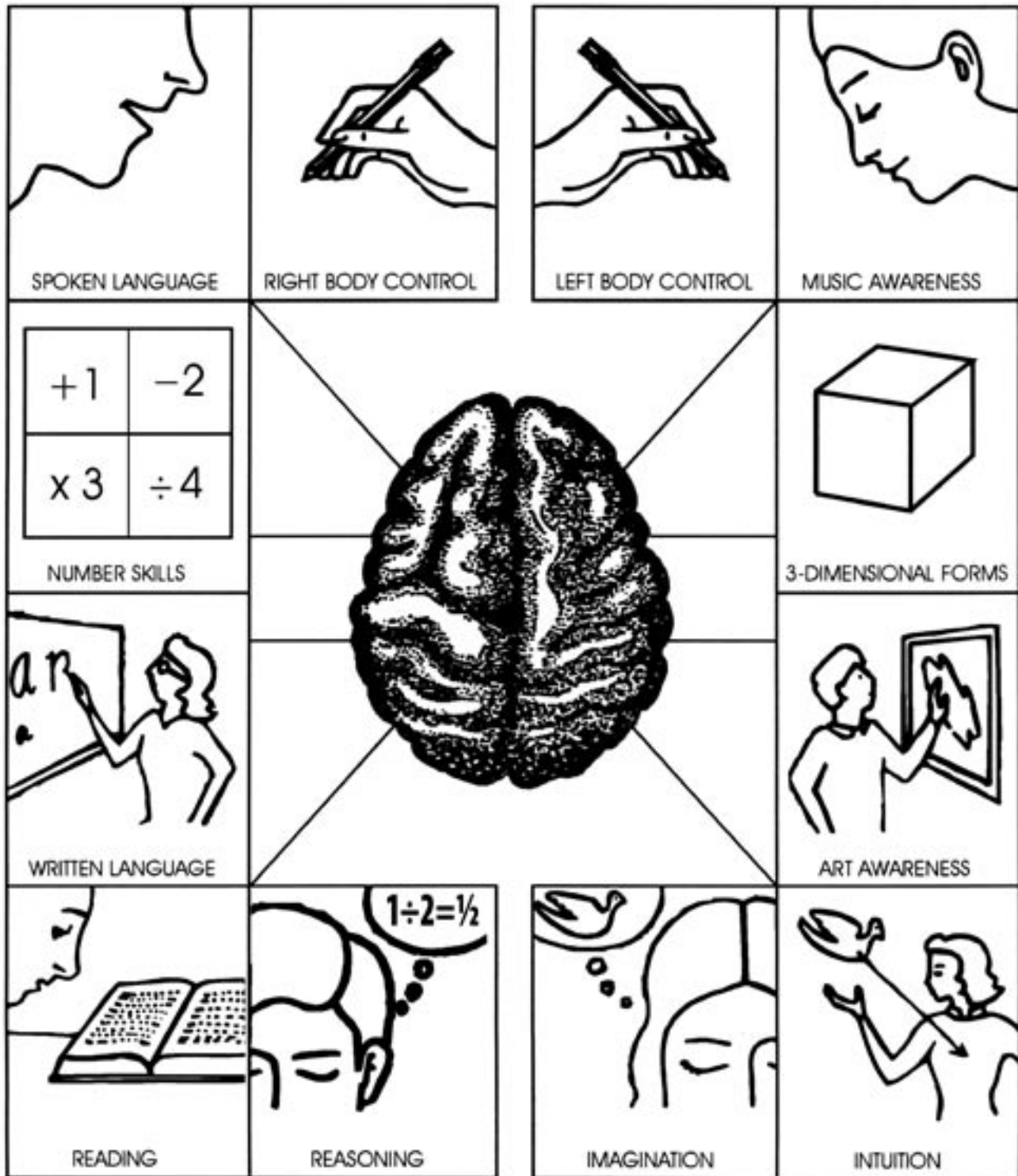
ministries would come easy for you, and the “three R’s,” reading, writing, and arithmetic, would be more difficult for you. Therefore, it is helpful for you to know which hemisphere you lean toward, so you can more perfectly fit yourself into the ministry God has for you.

It is, of course, also helpful for you to know these things about your spouse and children so you can better understand them and direct them in the path most fertile for them.

The following chart gives an overview of left- and right-hemisphere brain functions.

Answer the following questions as honestly and spontaneously as you can, checking the **one answer that best applies**. Even though you may want to check a couple of answers, if you think about it, you will probably recognize that you lean toward one specific answer most. For questions 8 and 33, you may give more than one answer.

Left- and Right-Hemisphere Brain Functions



Brain Preference Indicator Test

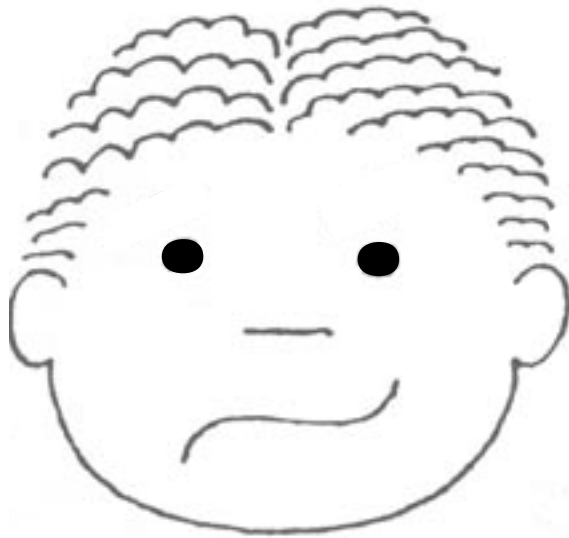
1. In a problem-solving situation, do you:

- a. take a walk and mull solutions over, then discuss them?
- b. think about, write down all alternatives, arrange them according to priorities, and then pick the best?
- c. recall past experiences that were successful and implement them?
- d. wait to see if the situation will right itself?

2. Daydreaming is:

- a. a waste of time.
- b. amusing and relaxing.
- c. a real help in problem-solving and creative thinking.
- d. a viable tool for planning my future.

3. Glance quickly at this picture.



Was the face smiling?

- a. yes
- b. no

4. Concerning hunches:

- a. I frequently have strong ones and follow them.
- b. I occasionally have hunches and place much faith in them.
- c. I occasionally have hunches but don't place much faith in them.
- d. I would not rely on hunches to help me make important decisions.

5. In thinking about the activities of your day, which is most typical of your "style"?

- a. I make a list of all the things I need to do, people to see.
- b. I picture the places I will go, people I'll see, things I'll do.
- c. I just let it happen.
- d. I plan the day's schedule, block out appropriate times for each item or activity.

6. Do you usually have a place for everything, a system for doing things, and an ability to organize information and materials?

- a. yes
- b. no

7. Do you like to move your furniture, change the decor of your home or office frequently?

- a. yes
- b. no

8. Please check which of these activities you enjoy:

- | | |
|--|-------------------------------------|
| <input type="checkbox"/> swimming | <input type="checkbox"/> travel |
| <input type="checkbox"/> tennis | <input type="checkbox"/> bicycling |
| <input type="checkbox"/> golf | <input type="checkbox"/> collecting |
| <input type="checkbox"/> camping/hiking | <input type="checkbox"/> writing |
| <input type="checkbox"/> skiing | <input type="checkbox"/> chess |
| <input type="checkbox"/> fishing | <input type="checkbox"/> bridge |
| <input type="checkbox"/> singing | <input type="checkbox"/> roulette |
| <input type="checkbox"/> gardening | <input type="checkbox"/> charades |
| <input type="checkbox"/> playing an instrument | <input type="checkbox"/> dancing |
| <input type="checkbox"/> home improvements | <input type="checkbox"/> walking |
| <input type="checkbox"/> sewing | <input type="checkbox"/> running |
| <input type="checkbox"/> reading | <input type="checkbox"/> hugging |
| <input type="checkbox"/> arts/crafts | <input type="checkbox"/> kissing |
| <input type="checkbox"/> cooking | <input type="checkbox"/> touching |
| <input type="checkbox"/> photography | <input type="checkbox"/> chatting |
| <input type="checkbox"/> doing nothing | <input type="checkbox"/> debating |

9. Do you learn athletics and dance better by:

- a. imitation, getting the feel of the music or game?
- b. learning the sequence and repeating the steps mentally?

10. In sports or performing in public do you often perform better than your training and natural abilities warrant?

a. yes

b. no

11. Do you express yourself well verbally?

a. yes

b. no

12. Are you goal-oriented?

a. yes

b. no

13. When you want to remember directions, a name, or a news item, do you:

a. visualize the information?

b. write notes?

c. verbalize it (repeat it to yourself or out loud)?

d. associate it with previous information?

14. Do you remember faces easily?

a. yes

b. no

15. In the use of language, do you:

a. make up words?

b. devise rhymes and incorporate metaphors?

c. choose exact, precise terms?

16. In a communication situation, are you more comfortable being the:

a. listener

b. talker

17. When you are asked to speak extemporaneously at a meeting, do you:

a. make a quick outline?

b. just start talking?

c. shift the focus to someone else or say as little as possible?

d. speak slowly and carefully?

18. In an argument, do you tend to:

- a. talk until your point is made?
- b. find an authority to support your point?
- c. just become withdrawn?
- d. push chair or table, pound table, talk louder—yell?

19. Can you tell fairly accurately how much time has passed without looking at your watch?

- a. yes
- b. no

20. Do you prefer social situations that are:

- a. planned in advance?
- b. spontaneous?

21. In preparing yourself for a new or difficult task, do you:

- a. visualize yourself accomplishing it effectively?
- b. recall past successes in similar situations?
- c. prepare extensive data regarding the task?

22. Do you prefer working alone or in a group?

- a. alone
- b. group

23. When it comes to “bending the rules” or altering company policy, do you feel:

- a. rules and policy are to be followed?
- b. progress comes through challenging the structure?
- c. rules are made to be broken?

24. In school, did you prefer

- a. algebra
- b. geometry

25. Which of these handwriting positions most closely resembles yours?

- a. regular right-hand position
- b. hooked right-hand position (fingers pointing toward your chest)
- c. regular left-hand position
- d. hooked left-hand position (fingers pointing toward your chest)

26. In note taking, do you print:

- a. never
- b. frequently

27. Do you use gestures to

- a. emphasize a point?
- b. express your feelings?

28. Do you instinctively feel an issue is right or correct, or do you decide on the basis of information?

- a. feel
- b. decide

29. I enjoy taking risks.

- a. yes
- b. no

30. After attending a musical:

- a. I can hum many parts of the score.
- b. I can recall many of the lyrics.

31. Please hold a pencil perpendicularly to the ground at arm's length, centered in your line of vision and lined up with a frame, board, or door. Holding that position, close your left eye. Did your pencil appear to move?

- a. yes

Close your right eye. Did your pencil appear to move?

- b. yes

32. Sit in a relaxed position and clasp your hands comfortably in your lap. Which thumb is on top?

- a. left
- b. right
- c. parallel

33. Check as many of these items as you feel are true about you:

- I can extract meaning from contracts, instruction manuals, and legal documents.
- I can understand schematics and diagrams.
- I strongly visualize the characters, setting, and plot of reading material.
- I prefer that friends phone in advance of their visits.
- I dislike chatting on the phone.
- I find it satisfying to plan and arrange the details of a trip.
- I postpone making telephone calls.
- I can easily find words in a dictionary, names in a phone book.
- I love puns.
- I take lots of notes at meetings and lectures.
- I freeze when I need to operate mechanical things under stress.
- Ideas frequently come to me out of nowhere.

34. I have:

- a. frequent mood changes.
- b. almost no mood changes.

35. I am:

- a. not very conscious of body language. I prefer to listen to what people say.
- b. good at interpreting body language.
- c. good at understanding what people say and also the body language they use.

Scoring Key

Here is the scoring key to the self-test. Enter the numbers of each answer you checked in the right-hand column provided. List the sum of the numbers in the two column questions.

1.	a. 7	b. 1	c. 3	d. 9	_____
2.	a. 1	b. 5	c. 7	d. 9	_____
3.	a. 3	b. 7			_____
4.	a. 9	b. 7	c. 3	d. 1	_____
5.	a. 1	b. 7	c. 9	d. 3	_____
6.	a. 1	b. 9			_____
7.	a. 9	b. 1			_____
8.	swimming	9	travel	5	_____
	tennis	4	bicycling	8	_____
	golf	4	collecting	1	_____
	camping/hiking	7	writing	2	_____
	skiing	7	chess	2	_____
	fishing	8	bridge	2	_____
	singing	3	roulette	7	_____
	gardening	5	charades	5	_____
	playing an instrument	4	dancing	7	_____
	home improvements	3	walking	8	_____
	sewing	3	running	8	_____
	reading	3	hugging	9	_____
	arts/crafts	5	kissing	9	_____
	cooking	5	touching	9	_____
	photography	3	chatting	4	_____
	doing nothing	9	debating	2	_____
9.	a. 9	b. 1			_____
10.	a. 9	b. 1			_____
11.	a. 1	b. 7			_____

- | | | | | | |
|-----|--------------|---------------|------------|------|-------|
| 12. | a. 1 | b. 9 | | | _____ |
| 13. | a. 9 | b. 1 | c. 3 | d. 5 | _____ |
| 14. | a. 7 | b. 1 | | | _____ |
| 15. | a. 9 | b. 5 | c. 1 | | _____ |
| 16. | a. 6 | b. 3 | | | _____ |
| 17. | a. 1 | b. 6 | c. 9 | d. 4 | _____ |
| 18. | a. 3 | b. 1 | c. 7 | d. 9 | _____ |
| 19. | a. 1 | b. 9 | | | _____ |
| 20. | a. 1 | b. 9 | | | _____ |
| 21. | a. 9 | b. 5 | c. 1 | | _____ |
| 22. | a. 3 | b. 7 | | | _____ |
| 23. | a. 1 | b. 5 | c. 9 | | _____ |
| 24. | a. algebra 1 | b. geometry 9 | | | _____ |
| 25. | a. 1 | b. 7 | c. 9 | d. 3 | _____ |
| 26. | a. 1 | b. 9 | | | _____ |
| 27. | a. 2 | b. 8 | | | _____ |
| 28. | a. 9 | b. 1 | | | _____ |
| 29. | a. 7 | b. 3 | | | _____ |
| 30. | a. 9 | b. 1 | | | _____ |
| 31. | a. 8 | b. 2 | | | _____ |
| 32. | a. 1 | b. 9 | c. 5 | | _____ |
| 33. | contracts | 1 | postpone | 7 | _____ |
| | schematics | 7 | find words | 1 | _____ |
| | visualize | 9 | puns | 3 | _____ |
| | advance | 2 | notes | 1 | _____ |
| | chatting | 3 | freeze | 3 | _____ |
| | plan trip | 1 | nowhere | 9 | _____ |
| 34. | a. 9 | b. 1 | | | _____ |
| 35. | a. 1 | b. 7 | c. 5 | | _____ |

Now add the number of points you listed on the right and divide the total by the number of answers you checked. (This latter number will vary among testers, since questions 8 and 33 have a large number of parts.) For example: if your points totaled 300 in 40 answers, your Brain Preference Indicator (BPI) would be 7.5.

Left _____ Right
1 2 3 4 5 6 7 8 9

The questions in this self-test cover the most salient differences between dominant rights and lefts.

A score near 5 would indicate that you are using both halves of your brain together quite easily. A score near 1 or 9 would indicate an extreme brain hemisphere preference, and you should work on cultivating a greater ability to use the other hemisphere of your brain. Most scores will range between 3 and 7.

The one who uses all the giftedness inherent within him will be more effective in service to the King, especially as he learns to yield these abilities to the Holy Spirit to flow through.

Side note: Having all the members of your family take this test and discussing each family member's score and the resulting differences between each person should help each family member to become more understanding toward the others. It should improve family relationships considerably. Remember, we are not out to try to change others' personalities, but to understand them and come alongside them and support them. I personally am a "Luke." I get my revelation in a method similar to Luke's, using a lot of investigation. Others will be more like John. We do not have to turn Lukes into Johns or Johns into Lukes. Honor the differences which God has placed within His body. Don't try to change them.