



Dr. Ron Rubenzer

**Get a Brain Scan! Take the five-minute, paper/pencil Brain Scan**  
**We can all improve by exercising our weaker side of thinking.**

### BRAIN SCAN

Some of the characteristics that correspond to left-right brain thinking styles are listed below. (Of course, we always use more than “half a brain” when thinking, just as we actually use more than one hand [even back muscles] when we pick up a soda to drink. For the overly left brained, a set of serious resources is provided in the text for follow-up).

#### How to do your own Brain Scan

- Casually read each left brain/right brain style choice (they are not prioritized).
- Circle the one that seems more like you.
- It is all right to circle corresponding opposites if both describe you.
- Add the column totals (Write L= [for left brain column total]; R = [right brain]).
- The column (left or right) with more items circled suggests your tendency or thinking style (left or right brain).
- Have your partner (child, etc.) take the Brain Scan.
- See if you are on the same “brain-wave” length. If you have all L’s and your partner has all R’s this could create stress. Opposites may attract, but may also result in thinking the other person is only using half their mind.
- Learn to compromise and use both your brains.

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#### LEFT BRAIN

#### RIGHT BRAIN

Early bird  
 Analytical (breaks things down)  
 Prefer clarity  
 Prefer correct answer  
 Doer  
 Exactness and precision desired  
 Structured, forced  
 Intellectual  
 Test ideas  
 Serious

Night owl  
 Analogical (makes connections)  
 Prefer vagueness  
 Seek alternative responses  
 Dreamer  
 Tend to exaggerate  
 Unstructured, free  
 Artistic  
 Make ideas  
 Jokester

**BRAIN SCAN®** (Circle characteristics more like you)

**LEFT BRAIN**

**RIGHT BRAIN**

Logical

Intuitive

Motivated by external  
rewards

Motivated by satisfaction

Focused, narrow

Nebulous, diffuse

Makes Order out of Chaos

Makes Chaos out of Order

Opinionated

Open-minded

Planned

Directionless

Ask factual questions (what,  
when, who)

Ask speculative questions  
(what if, why not)

Rule maker

Rule breaker/bender

Interested in science fact

Interested in science fiction

By the clock, (e.g., lunch is  
always at noon)

Timeless (lunch is "whenever"  
you are hungry)

Uptight

Uninhibited

Verbal

Visual

Task oriented

Idea Oriented

Enjoy complicated

Keep it simple

Astronomy Buff

Astrology Fan

Loathes Surprises

Loves Surprises

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**LB Column total =** \_\_\_\_\_  
*Possible left-brain style preference*

**RB Column total =** \_\_\_\_\_  
*Possible right-brain style preference*



Dr. Ron Rubenzer is an LPA, School Psychologist and author of the 2003 book, *How the Best Handle Stress*. (Warren Publishing [warrenpublish@aol.com](mailto:warrenpublish@aol.com), 1-704-892-2940.) Dr. Rubenzer does private testing, SAT prep and stress management at Triad Counseling and Clinical Services in Greensboro, NC, 1-336-272-8090. He has appeared on WFMY TV, has written for City/County Magazine and conducts workshops for schools and businesses.