

Brain Preference Indicator Test

From *Whole Brain Thinking*, by Jacquelyn Wonder & Priscilla Donovan
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A note about the Brain Preference Indicator Test: In order to get the most from this test, Chris recommends that you print this page and then write your answers and score your test on the paper. Because of the way the test is scored, it is nearly impossible to accurately take this test without a printed copy.

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. Question 3 has been removed from this version of the test.

4. Concerning hunches:
 - a. I frequently have strong ones and follow them
 - b. I have strong hunches but don't consciously follow 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, blocking 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 décor or your home or office frequently?
 - a. Yes
 - b. No

8. Please check which of these activities you enjoy

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

9. Do you learn athletics and dancing better by:

- a. Imitating, 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 outloud)?
 - 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:
- rules and policy are to be followed?
 - Progress comes through challenging the structure?
 - Rules are made to be broken?
24. In school, did you prefer:
- Algebra?
 - Geometry?
25. Which of these handwriting positions most closely resembles yours?
- Regular right-hand position
 - Hooked right-hand position (fingers pointing toward your chest)
 - Regular left-hand position
 - Hooked left-hand position (fingers pointing toward your chest)
26. In notetaking, do you print:
- Never?
 - Frequently?
27. Do you use gestures to
- Emphasize a point?
 - Express your feelings?
28. Do you instinctively feel an issue is right or correct, or do you decide on the basis of information?
- Feel
 - Decide
29. I enjoy taking risks.
- Yes
 - No
30. After attending a musical:
- I can hum many parts of the score
 - I can recall many of the lyrics
31. Please hold a pencil perpendicularly to the ground at arms 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?
- Yes
- Close your right eye. Did your pencil appear to move?
- Yes
32. Sit in a relaxed position and clasp your hands comfortably in your lap. Which thumb is on top?
- Left
 - Right
 - 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

36. Question 36 has been removed from this version of the test.

Scoring:

Specific scoring instructions are at the end of this list. For now, assign your answers points based on the numbers below.

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
tennis 4
golf 4
camping/hiking 7
skiing 7
fishing 8
singing 3
gardening 5
travel 5
bicycling 8
collecting 1
writing 2
chess 2
bridge 2
roulette 7
charades 5
play instrument 4
home improv. 3
sewing 3
reading 3
arts/crafts 5
cooking 5
photography 3
doing nothing 9

	dancing	7
	walking	8
	running	8
	hugging	9
	kissing	9
	touching	9
	chatting	4
	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
	c. 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
schematics 7
visualize 9
advance 2
chatting 3
plan trip 1
postpone 7
find words 1
puns 3
notes 1
freeze 3
nowhere 9
34. a-9
b-1
35. a-1
b-7
c-5
36. Score as follows:
9 a. if you read 0 to 1 boxes all the way through
5 b. if you read 2 to 5 boxes all the way through
1 c. if you read 6 to 8 boxes all the way through

Now add the number of points you scored 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 3 5 7 9

The questions in this self-test cover the most salient differences between dominant rights and lefts. The questions have been posed to individuals who underwent an EEG dominance test at the Biofeedback Institute of Denver. In its final form, the self-test has been given to more than five hundred people in the Wonder seminars. The results of the self-test and the lab test correlated.

Your BPI indicates a general thought style that results in a consistent pattern of behavior in all areas of your life. Recognizing and understanding the components of this pattern allow you to develop alternative approaches where needed. To help you interpret your BPI, an analysis of each question or related questions follows.

Questions 1 and 5

The left-dominant person is more apt to solve a problem by following an organized approach: defining the problem, researching and recording possible solutions, eliminating impossible solutions, assigning priorities to the most viable, and then implementing the plan. The extreme dominant right will wait to see what happens. The other two answers describe moderate degrees. Moderate rights will get a feel for what will work and need frequent support from others. The moderate left will check the record and repeat strategies that were previously successful.

Questions 2 and 4

These are attitudinal questions. Extreme and moderate rights typically place their trust in daydreaming and hunches, while lefts find such things as intuition entertaining at most.

Question 3

Dominant lefts are usually "right-eyed" and first look at the left side of the paper. Therefore they see the down-turned side of the mouth in the test picture.

Question 6

Good organizational skills and habits are typical of the left-dominant person. New York therapist Selwyn Mills has found that artists are right dominants and sloppy, whereas craftsman are left dominants and neat. When counseling families about the phenomena of two neat parents rearing a sloppy child, he suggests that the problem usually stems from differences in brain dominance between the parents and the child rather than in parenting style or the child's stubbornness. Mills has found that right- and left-brain dominants are attracted to each other; he conducts "Odd Couple Seminars" to help them benefit from their differences.

Questions 7, 23, and 28

Right-brained dominants like change because they are visually and physically oriented. They like the unusual, the discordant, the different. Because lefts like order and stability, they are willing to adhere to rules and adapt themselves to structure. Rights "feel" the approach that is proper for them, whereas left dominants analyze and compare society's standards.

Question 8

By their nature, some sports invite more comparisons and evaluations than others and are preferred by left dominants. Lefts like to "play" competitively, whether it's in their garden or on the golf course. Their flowers are entered in shows and their scores posted on the club notice board. Rights thrive on freedom and dread comparison; when they play tennis they simply enjoy hitting the ball, and their hikes have no destination in mind. When lefts play tennis they prefer to start scoring faster. And a hike less than ten miles

is to them a failure. These same tendencies towards competitiveness and goal-setting versus recreation for relaxation and having fun are also evident in work. The thrill of doing is enough for the right-brain person, but the left wants a product to result from crafts or gardening.

Questions 11 and 12

Left dominants have good verbal skills and usually have definite objectives in mind when speaking. They are more apt to be structured and disciplined in seeking those goals. Right dominants have vague feelings about wanting to express something – but often are not quite clear what! Occasionally they have a full-blown picture of the outcome they desire but grope for words to describe it.

Questions 13 and 14

Right-brain types easily recognize faces and associate visual information with them (what the person wore, whom he danced with, whether she drank white or red wine). The left-brained person, however, remembers best by recording the information or talking about it. This is a disadvantage when meeting strangers at cocktail parties: Lefts repeat the name, even spell it, but usually forget it quickly. Also, lefts need specific directions – “Three blocks north, one south” – every step of the way. Rights do better with visual and emotional cues: “It’s out by that swinging singles place with the green and yellow neon sign.”

Question 15

Left dominants are more precise in their use of language, while rights favor colorful, emotional, sweeping terms. Rhyming and using metaphors require both.

Question 16 and 17

Because lefts’ verbal skills are more highly developed, they feel more at home talking than do rights. In public speaking, right dominants are prone to wander, often failing to reach a conclusion. They relate information to personal experiences – a practice that is useful for remembering and understanding but bad for logic and clarity. Mixed dominants tend to speak slowly because they are often simultaneously listening to an internal debate between left and right thoughts. Rights are more reluctant to speak in public – quite the opposite of left dominants, who know what they think and are glad to tell you! Their confidence in their well-defined logical opinions often makes them persuasive speakers.

Questions 19 and 22

Lefts are very conscious of time, schedules, etc., whereas rights frequently lose contact with the here and now. It is not so much that they lack a sense of responsibility (although it is often interpreted that way) as that they find themselves in another reality, where time seems to go either slowly or quickly. Along the same line, lefts become impatient with time-consuming aspects of group work (meetings, committees), while rights are oblivious to the passage of time and enjoy the personal interaction.

Question 20

Right dominants are impulsive and like impromptu occasions. Lefts tend to believe that if an occasion is not planned and structured, it is not very worthwhile. This combination also makes rights risk-takers – physically, financially, and emotionally. They like change and don’t like to plan, so they are more easily involved in new ideas and projects. Lefts, though, will seldom take risks until they have scrutinized most of the speculative factors

out of the situation (for example, analyzed an investment until they *know* they can't lose money). Since they are not as likely to observe the body language of others or credit their own intuition, lefts often fail in spite of their reasoned analyses, which in turn reinforces their suspicions of risk-taking and makes them more reluctant to take chances again.

Questions 21 and 32

Left dominants prepare for a project by organizing and structuring facts. If rights plan at all, they usually do so by visualizing the desired outcome and getting a sense of the current situation. For example, in assembling a child's swing set or radio kit, a left would lay out all the parts, count them to be sure the set is complete, gather the necessary tools and then follow the direction. A dominant right would typically glance at the diagram or schematic and then begin with whatever tools were there, sensing how the parts fit together. It can be maddening to the left type that this nonsystem often works better than the reasoned approach, which frequently breaks down when the manufacturer's instructions are incorrect.

Question 24

Since algebra is the mathematics of logic and deduction, using analysis and comparison, it is usually easier for left dominants to understand than geometry. Geometry is more spatial and graphic. While it too is logical, it is visually comprehensible and therefore more likely to be preferred by right-brain dominants.

Question 25

In studies of the four handwriting positions (normal right, normal left, hooked right and hooked left), it was found that left-handers who hold the pencil in a normal handwriting position and right-handers who use a hooked handwriting position both have primary speech functions in their right hemispheres. This is a disadvantage for language skills, since the left is most appropriate for logical, articulate speech.

The same research showed that persons who have the normal right-hand style have primary language in the left hemisphere, as do left-handers who write with a hooked-hand position, an advantage to language skills.

Question 26

Printing is more pictographical than script and is therefore preferred by many rights, especially if they disliked the structure and precision of handwriting classes.

Question 31

This exercise determined your "eyedness," the tendency to use one eye more than the other. The eye that was open when your pencil stayed still is your dominant eye. Eyedness is also contralateral – that is, if you are right-eyed, you are apt to be a left-brain dominant. Similarly, individuals are handed and footed, and these preferences also correlate with brain dominance. However, handedness is not a reliable means of testing dominance because of society's strictures against left-handedness – natural lefts often take the "right" way out. Footedness can be determined by noting which foot you kick with, jump on, or put forward first when engaging in a sport or other physical activity.

Question 32

This test is one used by hypnotists to determine how easily a person can be hypnotized. Persons who are most comfortable with the right thumb on top are more easily hypnotized than those who prefer the left thumb on top. Since right dominants are more

suggestible than left dominants, the thumb test is also an indication of brain dominance. In other words, if your right thumb was on top, it indicates right-brain dominance; vice versa for the left thumb.

Question 33

Right dominants prefer visuals, charts, diagrams and maps, lefts like details in sequential order, analyses and written or verbal directions.

Question 34

Both left and right dominants have mood changes, but rights feel them more strongly and tend to moan and groan to be ecstatic about them. Lefts discipline themselves to suppress and control these swings in temperament and end up with many fewer highs or lows.

Question 35

When listening, left dominants focus on words and the message, while rights take a more general approach that incorporates body signals, emotional tone, and other subtleties.

Question 36

Since left dominants analyze *everything*, they require supporting evidence before accepting new ideas. Furthermore, they love the structure of research.