

Left Brain - Right Brain Functions



It has become clear to researchers that each side of the brain has a characteristic way that it both interprets the world and reacts to it. The chart below will help illustrate the characteristics which are known to reside on each side of our brains.

| LEFT BRAIN FUNCTIONS | RIGHT BRAIN FUNCTIONS |
|----------------------|-----------------------|
| reasoning | feeling/senses |
| rational | intuitive |
| analytical | imagination |
| knowing | believes |
| acknowledges | appreciates |
| linear | random |
| objective | subjective |
| practical | impetuous |
| survival/safe | risk taking |
| | |

Each of us draws upon specific sides of our brain for a variety of daily functions, depending on such things as our age, education and life experiences. The choices of which brain is in control of which situations is what forges our personalities and determines our character.

