RIGHT-BRAINED TYPES

- Do you find your greatest ideas emerge when you're relaxed and letting your mind wander?
- Do you often trust your gut feelings more than logical analysis?
- Do you sense others' emotions without them saying a word?
- Do you notice subtle shifts in tone or atmosphere around you?
- Do you find it easy to empathize deeply with people's unspoken struggles?
- Do you remember your dreams vividly and look for hidden meanings in them?
- Do you feel moved by music, art, or nature in ways that defy simple explanation?
- Do you pick up on nonverbal cues—facial expressions, posture, gestures—faster than spoken words?
- Do you prefer intuitive insights over step-by-step instructions when solving problems?
- Do you find small emotional details (a friend's sigh, a co-worker's hesitation) especially significant?
- Do you instinctively know when someone needs comfort or encouragement before they ask?
- Do you sketch, paint, or doodle ideas whenever inspiration strikes?
- Do you visualize entire scenes or objects in 3D in your mind's eye?
- Do you use color, texture, or spatial layouts to communicate concepts?
- Do you enjoy arranging shapes or patterns more than working with numbers?
- Do you get absorbed in sensory details—light, shadow, sound—when creating?
- Do you often improvise solutions by picturing how pieces will fit together?
- Do you design or decorate environments by mentally walking through them first?
- Do you find abstract puzzles (mazes, 3D models) more engaging than linear ones?
- Do you borrow ideas from different art forms—dance, sculpture, music—to spark your creativity?
- Do you feel at home in tasks that require spatial reasoning—maps, blueprints, layouts?
- Do you spend time daydreaming or letting your imagination roam freely?
- Do you generate unconventional ideas even when they seem impractical?
- Do you feel constrained by rigid schedules or overly detailed plans?
- Do you start projects without knowing exactly how they'll end?
- Do you delight in exploring "what if" scenarios rather than concrete outcomes?
- Do you drift between creative pursuits rather than stick to one task?
- Do you envision ideal futures or worlds more than you recall past events?
- Do you play with concepts and metaphors in your mind before putting them into words?
- Do you embrace ambiguity and feel energized by uncertainty?
- Do you find rigid structures stifle your creative flow?
- Do you worry about losing loved ones or being abandoned?
- Do you sometimes feel possessive or overly protective in relationships?
- Do you seek frequent reassurance of your partner's affection?
- Do you hold on to past hurts, even after apologies have been made?

- Do you find it hard to loosen your grip when someone you care about pulls away?
- Do you delay sharing your creations out of fear of criticism?
- Do you avoid feedback sessions even when you could benefit from them?
- Do you take critique of your work or ideas as a personal attack?
- Do you imagine worst-case reactions whenever you present something new?
- Do you feel paralyzed at the thought of negative reviews or judgment?
- Do you habitually fold your hands with your right thumb resting on top?
- Do you naturally cross your arms with your right arm underneath the left?
- Do you sit with your right leg tucked under your left when you fold your legs?
- Do you most often fall asleep lying on your left cheek?
- Do you prefer your partner to lie on your right side when you share a bed?
- When you look at your thumbs, is the lunula (the white moon) larger on your left thumb?
- Do you find yourself avoiding difficult conversations or decisions?
- Do you put off important tasks because they feel emotionally daunting?
- Do you distract yourself with daydreams or screen time to escape stress?
- Do you practice facing small fears—like speaking up—so you can overcome avoidance?

LEFT-BRAINED TYPES

- Do you tend to make decisions based on logic rather than feelings?
- Do you break tasks into clear, sequential steps before starting?
- Do you prefer structured schedules over spontaneous plans?
- Do you focus on analyzing data to solve problems?
- Do you enjoy working with numbers and facts more than abstract concepts?
- Do you outline your goals in writing and follow through systematically?
- Do you feel most comfortable when you have a clear agenda or timeline?
- Do you evaluate situations by weighing pros and cons objectively?
- Do you find theoretical discussions about principles more engaging than brainstorming new ideas?
- Do you approach challenges with a cause-and-effect mindset?
- Do you set measurable targets and track your progress meticulously?
- Do you prefer to complete one task fully before moving on to the next?
- Do you pay close attention to every detail, often catching small errors others miss?
- Do you plan your day by allocating specific time blocks to each activity?
- Do you feel uneasy when interruptions disrupt your carefully laid plans?
- Do you often create checklists to ensure nothing is overlooked?
- Do you find that crossing every “t” and dotting every “i” brings you satisfaction?
- Do you favor goal-oriented conversations over open-ended small talk?
- Do you typically finish work tasks ahead of deadlines?
- Do you revisit your work frequently to refine and correct minor mistakes?
- Do you define success in terms of tangible achievements or material gains?
- Do you organize your workspace meticulously, with everything in its designated place?
- Do you track your assets, expenses, and investments with great precision?
- Do you set financial targets and work methodically to reach them?
- Do you prioritize practical, measurable outcomes over vague aspirations?
- Do you feel a strong connection to your father or father figure?
- Do you value traditional customs and conventions in your family or community?
- Do you believe maintaining social order and stability is important?
- Do you find comfort in established hierarchies and clear roles?
- Do you often turn to familiar institutions or structures for guidance?
- Do you recognize that being too rigid can hinder new opportunities?
- Do you remind yourself to consider alternative viewpoints before deciding?
- Do you challenge yourself to stretch beyond your habitual logical framework?
- Do you practice being more open-minded when faced with unconventional ideas?
- Do you set aside time to explore creative or emotional pursuits without analyzing them?
- Do you naturally fold your hands with your left thumb on top?
- Do you habitually fold your arms with your left arm underneath the right?
- Do you cross your legs by tucking your left leg under the right when sitting?
- When you sleep, do you most often rest on your right cheek?
- Do you prefer your partner to lie on your left side while sleeping together?

- When you examine your thumbs, is the lunula (the white half-moon) larger on your right thumb?
- Do you find these particular body positions more comfortable or calming?
- Do you notice that these postures feel unconscious and habitual?
- Do you think these gestures reflect your inner preference for order and tradition?
- Do you observe these positional habits even under stress?
- Do you prioritize your own needs and goals when making plans?
- Do you find it harder to empathize with others when you're focused on accomplishing tasks?
- Do you prefer working independently over collaborating in teams?
- Do you review your personal performance critically, independent of external praise?
- Do you often judge your success by how well you achieve your self-set objectives?