

POD INTENSIVE SESSION NUMBER 5

Brain Preference Indicator Test

By Mark Virkler

Please take the attached Brain Preference Indicator Test to learn more about which side of your brain you use more. The scoring key is attached behind the test for you to reference after you take the test. If you have a final score of 5.0, that means you are perfectly balanced and use both sides of your brain equally. A person with a 5.0 can move easily from one side of the brain to another.

There is a large bell curve near the center of the scoring key, meaning that 80 percent of the scores will be between 4 and 6, and 98 percent of all scores will be between 3 and 7. Only one percent of the scores are under 3 and another one percent above 7, which means these people, are extremely left or right brained.

In surveying groups of people in America, Mark found that approximately 60 percent of people lean toward left-brain functions and about 40 percent toward right-brain functions. This statistic can be found in the fact that our educational system considers reading, writing and arithmetic (required courses that deal with the left-brain) to be more central to effective living than art, music and drama (elective courses which deal with the right-brain functions). Statistics show that almost all children rank high in creativity, which is a more right-brain function involving vision, intuition and visualization. As time in school goes on, the percent of children that rank high in creativity diminishes to as little as 2% of adults.

So the focus of training goes towards left-brain functions – the logical, analytical part (Mr. Spoke on Star Trek) and right-brain functions such as the intuitive and imagination aspects are not as fully developed. Many other cultures of this world “measure themselves with themselves and compare themselves with themselves” to boast about what can be measured and performed and then rewarded.

Understanding right and left brain functions can help us understand and respect those with gifts different from our own. For instance, when a husband and wife are involved in making a decision, the husband may reason it out (a left-brained

function) while the wife may intuit the decision (a right-brained function). If they have learned to honor the different approaches to dealing with decisions to be made and respective strengths in one another, they would not so easily cut off one another's ideas and solutions to problems, but will instead value it as a complement to their own abilities.

Those who function more strongly in the left brain will find the revelation process flowing most naturally in conjunction with their analytical thoughts. As an example, Luke (Luke 1:1-4) investigated everything carefully, and then wrote it out in consecutive order (left-brained activity).

On the other hand, when John wrote Revelation he said "I was in the Spirit on the Lords' day, and I heard behind me a loud voice...saying 'Write in a book what you see...' (Rev. 1:10-11)". This revelation process involved no left-brained functions, rather flowing from the right side of the brain, coming from the heart.

Can you see that there are at least two different approaches you can use when receiving pure revelation: Luke's method and John's method. Both are valid.

The left-brain person is likely to characterize the right-brain person as flaky, impulsive and fly-by-night. The right-brain person is likely to describe the left-brain person as so analytical and academic that there is no possibility that the Holy Spirit could flow through him or her. The capacities of the heart flow to both sides of the brain.

The bottom line is that you can move from one side to the other of the brain. In 2 Kings 3:15, we learn that when Elisha wanted to move from logic and reason (left-brained functions) to the world of the Lord spoken intuitively within (flowing from the right side of his brain), he asked for "Bring me a minstrel, so that I might hear the word of the Lord". The music drew him from the left side of his brain to the right side where his was perfectly positioned before the presence of the Lord, and able to hear the spontaneous that were spoken from within.

Take the attached brain preference test and score your results. Discuss the score with your spouse and your POD group to understand more deeply how you are "wonderfully and fearfully made". What were you surprised about yourself from the results of the test? Discuss how out of your brain preference, your decisions and thoughts flow.

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 and 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.

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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:
- | | |
|-----------------------------|------------------|
| _____ swimming | _____ travel |
| _____ tennis | _____ bicycling |
| _____ golf | _____ collecting |
| _____ camping/hiking | _____ writing |
| _____ skiing | _____ chess |
| _____ fishing | _____ bridge |
| _____ singing | _____ roulette |
| _____ gardening | _____ charades |
| _____ playing an instrument | _____ dancing |
| _____ home improvements | _____ walking |
| _____ sewing | _____ running |
| _____ reading | _____ hugging |
| _____ arts/crafts | _____ kissing |
| _____ cooking | _____ touching |
| _____ photography | _____ chatting |
| _____ doing nothing | _____ 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
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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
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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 feeling?
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 risks.
_____ a. yes
_____ b. no
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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			_____
	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. 1	b. 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 column and divide the total by the number of answers 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 (BPT) 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 of 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 for the Holy Spirit to flow through.

Side note: Having all the members of your family take this test and discussing the scores and differences 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.