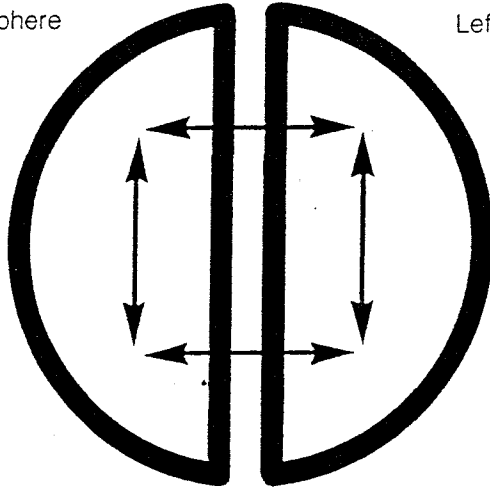


Right Hemisphere

Left Hemisphere



### Right/Left Brain Functions

#### Right Brain

- Intuitive
- Perceptual
- Creative
- Experiential
- "Felt-Thought"
- Spatial
- Associative (pattern recognition)
- Simultaneous mental processing
- Diffuse mental processing
- Holistic associations
- Visceral-nervous control
- Active during dream state
- Emotional

#### Left Brain

- Intellectual
- Rational
- Analytical
- Verbal (language skills)
- Computational (mathematics, detail, codification)
- Sequential mental processing (linear thinking)
- Routinization
- Musculoskeletal control
- Orthodox
- Quiet during dream state
- Reason

## Mobilizing Creative Thinking

The following attitudes and activities seem to be necessary to creative thinking, and have been observed in all truly creative people regardless of profession.

- The training and practice of activities that largely involve rightbrain functions.
- Suspension of judgment; making disconnected jumps in thinking (lateral thinking).
- Openness to new stimuli, new ideas, new attitudes, new approaches.
- Willingness to take risks; making "leaps of faith"; lessening inhibitions.
- Freedom in subjective thinking; expression of emotions and personal realities.
- Intuitiveness, "playing hunches" to generate spontaneous ideas.
- Freedom to make outlandish responses; rejecting fear of being "wrong" or unconventional.
- Rejecting destructive criticism, prejudices, indiscriminate praise.
- A childlike attitude of creative play; tinkering with ideas, materials, structures; a "fun" attitude toward experimentation.
- Freedom to fantasize, unconventional imagining.
- Divergent thinking; simultaneous processing of ideas; fluency of ideas.
- Acceptance of nonordinary realities, contradictions; ability to tolerate and manipulate puzzles, ambiguities.