

Thinking Patterns of the Brain©

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Logic Type Thinking

Usually processed on left side of brain

Is the conscious, control center of brain
Processes from pieces of information
to whole perspective
Is logical and analytical
Enjoys detail thinking
Linear and sequential
Likes structure and rules
Likes to plan & organize things
Likes to follow step by step instructions
Language center of the brain
Is time conscious

Gestalt Type Thinking

Usually processed on right side of brain

Is unconscious, automatic center of brain
Processes from whole perspective
to pieces of information
Is intuitive and feeling oriented
Enjoys big picture thinking
Deals with whole images & meaning
Is flexible & spontaneous
Likes to go with the flow & follow hunches
Has trouble organizing things sequentially
Enjoys rhythm and movement
More in the moment & may lose track of time

How each brain type reacts under stress

Logic Side

Tries harder, lots of effort
May appear insensitive, unemotional
Trouble understanding & comprehending
Over-focused, rigid, tunnel vision
Becomes critical & rule dominated
May appear mechanical & cold
Blocked short term memory
Loses comprehension of what reading

Gestalt Side

Loses the ability to reason or be logical
May appear overly emotional
Acts impulsively without thinking
Cannot remember the details
Has trouble expressing thoughts
Needs to move to calm themselves
Can't put detail info into long term memory
Math, decoding/phonics, writing thoughts
is more difficult

Integration of Left & Right Hemispheres

Sees how the details fit into the big picture
Experiences greater awareness of feelings
Communication which is clear & easily understood
Remembers what they see, hear and experience
Efficient learner with positive self esteem
Follows through on their creative ideas
Movements are coordinated and fluid