

## **THE ADULT MASTER HEMISPHERIC CHECKLIST**

Below you will find the master adult hemispheric checklist; this will be used to determine the level of imbalance and the side of weakness. There are 200 characteristics below, 100 right-brain deficit characteristics and 100 left. They are not equal in all areas because these adults have different profiles. At the end however they should be about equal. The side with the greater number is the side of hemispheric weakness. The more the numbers are different the more severe the imbalance between the two sides and the longer it may take to help you achieve more natural balance. Use this as you move forward. Mark any that match you or your symptoms; pay close attention especially if any of these have been getting worse or have only happened recently.

### **MOTOR CHARACTERISTICS OF A RIGHT-BRAIN DELAY**

- Clumsiness; odd posture and gait; poor coordination
- Low muscle tone – muscles seem floppy; very flexible or double jointed
- Recent onset or presence of tics; repetitive, spontaneous, involuntary, vocal sounds; throat clearing; facial movements; repetitive/stereotyped motor mannerisms
- Walks or walked on toes
- Balance has gotten worse
- Chronic tendinitis ,rotator cuff, tennis elbow, carpal tunnel or patella tendinitis on right side of body
- More than one of the above on the right side of the body
- Tremor on the right side of the body
- Poor coordination between both sides of body
- Cannot cross eyes
- Poor depth perception

\_\_\_\_\_ **Total Number of Checks**

### **MOTOR CHARACTERISTICS OF A LEFT-BRAIN DELAY**

- Difficulty with fine motor skills (dyspraxia) such as buttoning a shirt

- Poor handwriting
- Difficulty with planning a sequence of coordinated movements
- Hand aching while writing (writer's cramp)
- Difficulty remembering the next movement in a sequence
- Stumble over words when fatigued
- Difficulty learning to play music
- Chronic tendinitis, rotator cuff, tennis elbow, carpal tunnel or patella tendinitis on left side of body
- More than one of the above on the left side of the body
- Tremor on the left side of the body
- Difficulty imitating an action without actually doing it
- Do not have a dominant hand or is left handed (ambidextrous)

\_\_\_\_\_ **Total Number of Checks**

#### **SENORY CHARACTERISTICS OF A RIGHT-BRAIN DELAY**

- Poor spatial orientation - bumps into things more often
- Hypersensitive to sound, especially bothered by high pitch sounds
- Feel generally disconnected from body; like body is broken up into pieces or sections; not whole
- Touch things compulsively
- Do not like the feel of clothing on arms or legs; pulls off of clothes
- Do not like being touched
- Do not notice strong smells, such as burning wood, popcorn, cookies
- Inability to recognize or differentiate between sounds
- Hearing voices or ringing in right ear
- Smelling unusual scents
- Metallic or unpleasant taste in mouth

- Have become obsessed with religion or understanding the meaning of life
- Unexplained lapses in time
- Right eye is chronically dry and red
- Hearing is reduced in the left ear compared to the right

\_\_\_\_\_ **Total number of checks**

### **SENORY CHARACTERISTICS OF A LEFT-BRAIN DELAY**

- Have difficulty in determining left from right
- Poor auditory or central auditory processing; seems to not hear well, although hearing tests are normal
- Gets motion sick and has other motion sickness issues
- Very sensitive to movement
- Gets nausea frequently and easily
- Gets very disgusted and nauseous by smells and sight of blood
- Do not hear with right ear as well as left
- Left eye is dry chronically

\_\_\_\_\_ **Total Number of Checks**

### **EMOTIONAL SYMPTOMS OF A RIGHT-BRAIN DEFICIENCY**

- Overly happy and affectionate; love to hug and kiss; manic behavior
- Spontaneously cry and/or laugh and have sudden outbursts of anger or fear
- Hold on to past "hurts;" cannot let go
- May have sudden emotional outburst that appear overreactive and inappropriate to others
- Experience panic and/or anxiety attacks
- Sometimes displays dark or violent thoughts
- Face lacks expression; do not exhibit much body language
- Too uptight; cannot seem to loosen up
- Lack empathy

- Lack emotional reciprocity
- A dangerous risk taker
- Monotone voice; no expression in voice
- Extreme social anxiety

\_\_\_\_\_ **Total Number of Checks**

### **EMOTIONAL CHARACTERISTICS OF A LEFT-BRAIN DEFICIENCY**

- Symptoms of Post-Traumatic Stress Disorder (PTSD)
- Get frightened very easily
- Get depressed easily and frequently
- Worry yourself sick
- Tend to have phobias of many things
- Frequently moody and irritable
- Contemplate suicide often
- Lack motivation
- Do not get pleasure from anything
- Feel an absence of any emotion
- Nothing makes you happy
- Get insulted easily
- Feel generally overwhelmed by the size of the world and all the problems
- Feels others pain and despair too much
- Excessively cautious or pessimistic and extremely negative
- Socially withdrawal
- Cry easily; feelings get hurt easily
- Feelings of hopelessness
- Very sensitive to what others think about you
- May seem paranoid or overly self-conscious
- Feel like others are making fun of you

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**Total for Emotion (B)****BEHAVIORAL CHARACTERISTICS OF A RIGHT-BRAIN DELAY**

- Problems understanding nonverbal cues and following the rules of communication (e.g., saying inappropriate things, not using facial expressions, talking at the wrong time)
- Difficulty concentrating on a task and paying attention for more than a few minutes at a time
- Diagnosed with or believe you may have adult AD/HD
- Do not seem to feel guilty when you do something wrong
- Diagnosed or feel you may have OCD
- Diagnosed or feel like you may have with Bipolar disorder
- Feelings of Déjà Vu
- Have had a psychotic episode or are on antipsychotic medication
- Have a family member with schizophrenia
- Often miss the gist of a story
- Get stuck in set behavior; cannot let it go
- Never feel sense of guilt or remorse
- Lack social tact and/or is antisocial and/or socially isolated
- Poor time management; is always late
- Disorganized
- Is hyperactive and/or impulsive or compulsive
- Cannot sleep at night; cannot stop thoughts
- Hoarding of things or objects or have great difficulty throwing things out
- Argues all the time and is generally uncooperative
- Exhibits signs of an eating disorder, anorexia or body dysmorphic disorder
- Appears bored, aloof and abrupt

- Considered strange by others
- Inability to form friendships easily
- Inability to share enjoyment, interests or achievements with other people
- Acts inappropriately giddy or silly
- Have inappropriate social interaction (one-sided social interaction; does not listen or care what the other person is saying)
- Talk incessantly and ask repetitive questions
- Talk in circles never gets to the point
- No interest or awareness in fashion or trends
- Have the same hairstyle for years
- Hate parties and social events
- Have been described as a “control freak”

\_\_\_\_\_ **Total Number of Checkmarks**

#### **BEHAVIORAL CHARACTERITICS OF A LEFT-BRAIN DELAY**

- May break the law frequently (speeding tickets, parking tickets, etc.)
- Have a problem with lying or exaggerating
- Cannot follow rules
- Feel terrible shame or crippling guilt
- Constant foreboding feeling or sick feeling in stomach
- Procrastinate
- Extremely shy, especially around strangers
- May have a tendency to stutter or stammer when speaking
- Poor self-esteem
- Feel like you are stupid or not as intelligent as others
- Hate doing homework or paperwork
- Not good at following routines or establishing habits
- Cannot follow multiple-step directions

- Jump to conclusions too quickly
- Make mistakes because you do not read or follow directions
- Extremely messy
- Obsessed with the latest fashion or trend
- Hated school or schoolwork
- Hate being alone, have to be with someone else at all times
- Constantly drifting off or daydreaming
- Cannot do one thing at a time
- Constantly stopping one activity or thought and starting another
- Tendency toward addictive behavior

\_\_\_\_\_ **Total Number of Checkmarks**

#### **COGNITIVE CHARACTERISTICS OF A RIGHT-BRAIN DELAY**

- Difficulty recalling the date, time, or place. The individual may also be disoriented to self, meaning that he/she cannot correctly recall personal information, such as birth date, age, or family names
- Trouble telling a story in order, giving directions, or maintaining a topic during conversations
- Difficulty responding appropriately to common events, such as a car breakdown or overflowing sink
- Difficulty interpreting abstract language, such as metaphors, or responding to humor appropriately.
- Cannot mentally rotate objects in space
- Can't seem to recognize faces of people from past
- Does not remember much or anything about childhood
- Very poor sense of direction
- Deficit in the use and understanding of [innuendo](#), connotation
- Comprehension problems involving [sarcasm](#), [irony](#), etc.

- Poor reading comprehension and pragmatic skills
- Very literal; has a problem understanding jokes
- Difficulty making a decision, gets stuck in details
- Over analyzes everything
- Obsessively interested in unusual topics
- Learns extraordinary-amounts of specific facts about a subject
- Increasingly or often impatient
- Speaks out loud regarding what he or she is thinking
- Talks "in-your-face" – is a space invader.
- Is extremely direct to the point of being considered rude
- Many people think you are arrogant or conceited

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**Total checkmarks**

**COGNITIVE CHARACTERISTICS OF A LEFT-BRAIN DELAY**

- Problems remembering information, such as street names or important dates, and learning new information easily
- Colors look duller lately
- Forgetful of names and numbers
- Cannot learn by reading
- Difficulty with executing a plan, even though it is known
- Poor analytical skills
- No sense of time
- Has trouble prioritizing
- Unlikely to read instruction manual before trying something
- Misreads or omits common small words
- Difficulty learning new material and reading is too slow and laboriously
- Has difficulty naming colors, objects and letters, names caught on the tip of the tongue



- Needs to hear or see concepts many times in order to learn them
- Believe that you are or were dyslexic
- Generally showed a downward trend in achievement test scores or school performance
- Had a “Learning Disability” in school
- Bad memory for phone numbers or other details
- Has difficulty pronouncing words
- Acts before thinking and makes careless mistakes
- Tends to misread, omit or repeat words; still reads slowly
- Difficulty sequencing events in the proper order
- Letters are sometimes written backward
- Poor at basic math operations
- Poor memorization skills
- Needs to be told things several times before they understand
- Poor speller
- Makes frequent grammatical errors in writing
- Great difficulty learning a new language or remembering an old one
- Long term memory problems
- Can’t remember details of childhood

**\_\_\_\_\_ Total Checkmarks**

**COMMON IMMUNE CHARACTERISTICS OF A RIGHT BRAIN DELAY**

- Tends to have an over active immune response(has allergies)
- Multiple food sensitivities (e.g., gluten, casein, egg, etc.
- Has had or has autoimmune disorder such as eczema, asthma, Lupus, Hashimoto’s, rheumatoid arthritis, MS, etc.
- Has more than one of above autoimmune disorders
- Skin has little white bumps, especially on the back of the arms.
- Craves certain foods, especially dairy and wheat products

- Has a low thyroid function

\_\_\_\_\_ **Total for Immune (A)**

#### **COMMON IMMUNE CHARACTERISTICS OF A LEFT BRAIN DELAY**

- Gets chronic ear infections.
- Prone to tumors (usually benign) or cysts
- Frequently on antibiotics or anti viral medications
- Catches colds frequently
- Can't get over an illness completely
- Chronic viral outbreaks
- Chronic yeast or fungal infections
- History of ulcers or H. pylori
- Recently had pneumonia
- Need to get flu shot every season
- Had some form of cancer

\_\_\_\_\_ **Total for Immune (B)**

#### **COMMON AUTONOMIC CHARACTERISTICS OF A RIGHT BRAIN DELAY**

- Problems with bowel function; constipation, diarrhea
- Rapid heart rate
- Blood pressure significantly higher on the right side of the body compared to the left
- Sweats more on the right

\_\_\_\_\_ **Total Number of Checkmarks**

#### **COMMON AUTONOMIC CHARACTERISTICS OF A LEFT BRAIN DELAY**

- Blood pressure significantly higher on the left side of the body compared to the right
- Sweats more on the left side of body
- Has or had an irregular heartbeats (arrhythmia or heart murmur)
- Left hand loses circulation in the cold

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\_\_\_\_\_ **Total Number of Checkmarks Right brain**

\_\_\_\_\_ **Total Number of Checkmarks Left brain**

\_\_\_\_\_ **Hemispheric weakness Right or Left**