

WAYS OF THINKING

(adapted from 'The Inner Game of Music' by Green and Gallwey)

Read through the following statements and select your preferred answer.
Give only one answer to each question.

1. I respond better when people appeal
 - (a) to my logical side and intellect
 - (b) to my emotional side and my feelings
 - (c) no preference

2. I consider myself
 - (a) primarily intellectual
 - (b) primarily intuitive or emotional
 - (c) no preference

3. I prefer to learn
 - (a) facts and details
 - (b) from a general overview
 - (c) no preference

4. I prefer to be taught
 - (a) verbally, by means of explanation
 - (b) non-verbally, by being shown what to do
 - (c) no preference

5. I like to
 - (a) solve one problem at a time
 - (b) work on several things at once
 - (c) no preference

6. I make my decisions
 - (a) by taking an objective look at the facts
 - (b) by subjectively evaluating my feelings
 - (c) no preference

7. When there's a technical problem, I
 - (a) like to know the recommended solution
 - (b) like to be inventive and play my hunches
 - (c) no preference

8. I work with a
 - (a) disciplined, linear, businesslike approach
 - (b) playful, nonlinear, free-form approach
 - (c) no preference

9. I prefer
- (a) to make something better
 - (b) to create or invent something
 - (c) no preference
10. I usually
- (a) organize my time carefully
 - (b) have difficulty setting time limits
 - (c) no preference
11. I have
- (a) very few mood changes
 - (b) many mood changes
 - (c) no preference
12. I prefer to discover something by
- (a) doing research
 - (b) trusting my instincts
 - (c) no preference
13. I am usually
- (a) punctual
 - (b) absent minded
 - (c) no preference
14. I like to respond to problems by
- (a) taking them apart and systematically restructuring them
 - (b) seeing the problem as a whole and using experimentation based on my hunches
 - (c) no preference
15. I prefer
- (a) multiple choice tests
 - (b) essay examinations
 - (c) no preference

Add up the total number of times you checked (a), and total the number of times you checked (b). If you answered most questions with an (a), you have a tendency to prefer an **analytical** approach, while if you mostly answered (b), you favour a **global** approach. If you chose the (c) response, or if your answers favoured (a) and (b) about equally, you tend to use a balanced of the two approaches.