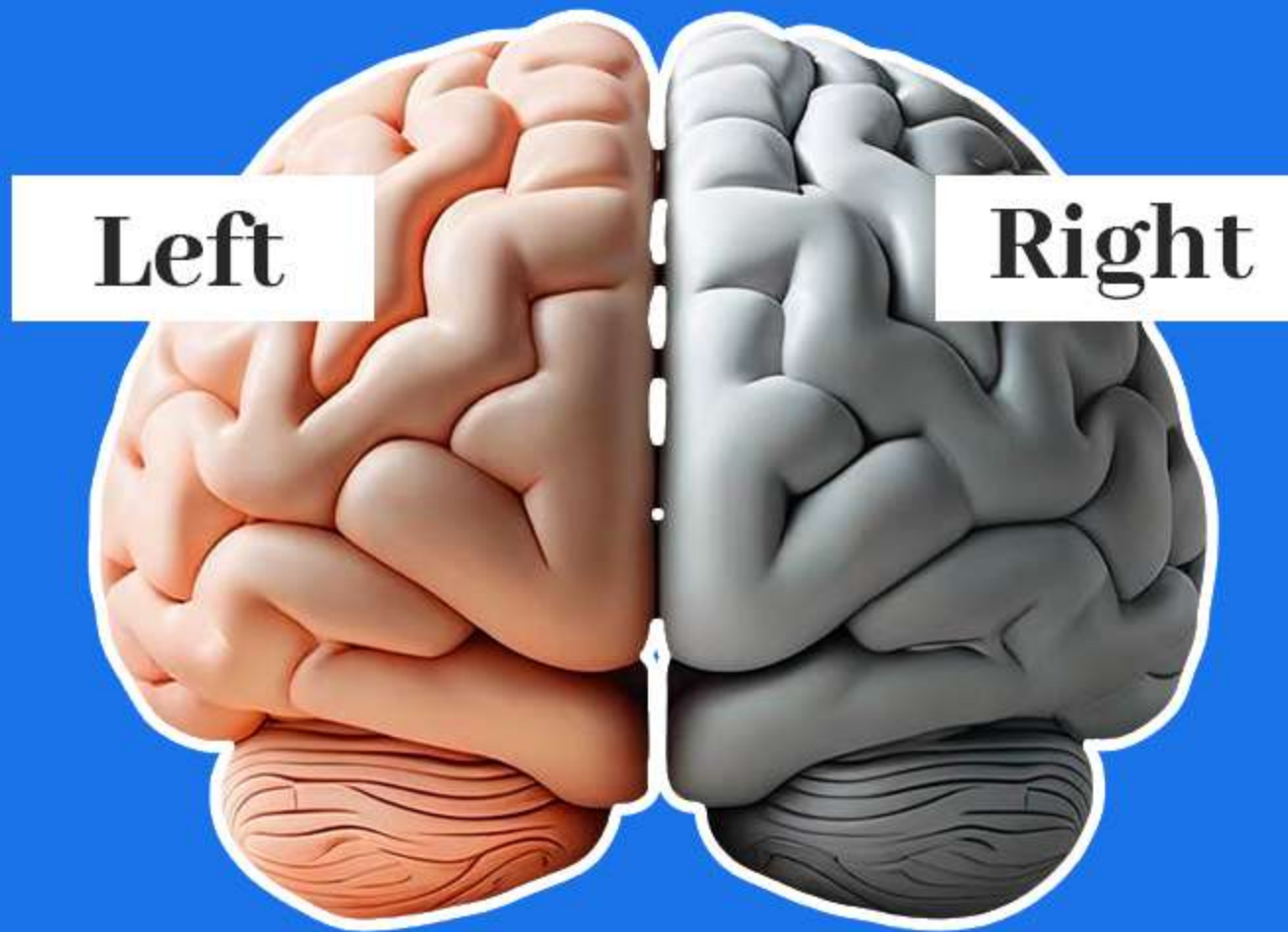


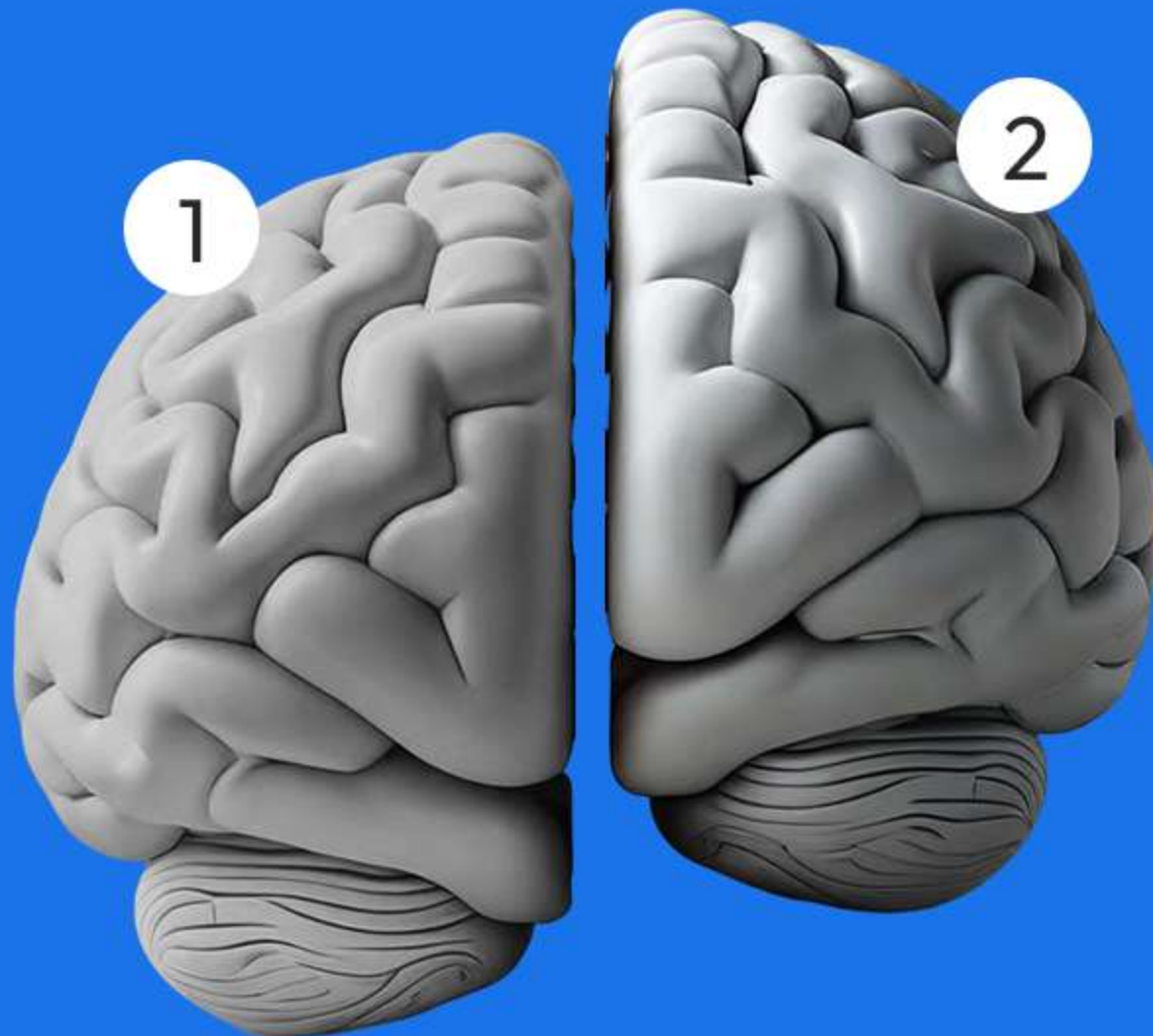


BRAIN LATERALIZATION IN EMOTION & PERSONALITY

How the left and right sides of your brain shape how you feel and react

What Is Brain Lateralization?

Your brain has two hemispheres — left right. They're not mirror images. Each specializes in different emotional and cognitive functions. Think of it like a **neural tag team**.



Left vs. Right & Emotion

Left Hemisphere →
more active during
positive, approach-
based emotions



Right Hemisphere →
linked with **negative,**
avoidance-based
emotions

This emotional imbalance is called
frontal asymmetry.

Your Affective Style

Frontal asymmetry may predict your emotional tendencies:



Left-dominant = approach-oriented, more optimistic

Right-dominant = more cautious, sensitive to threat

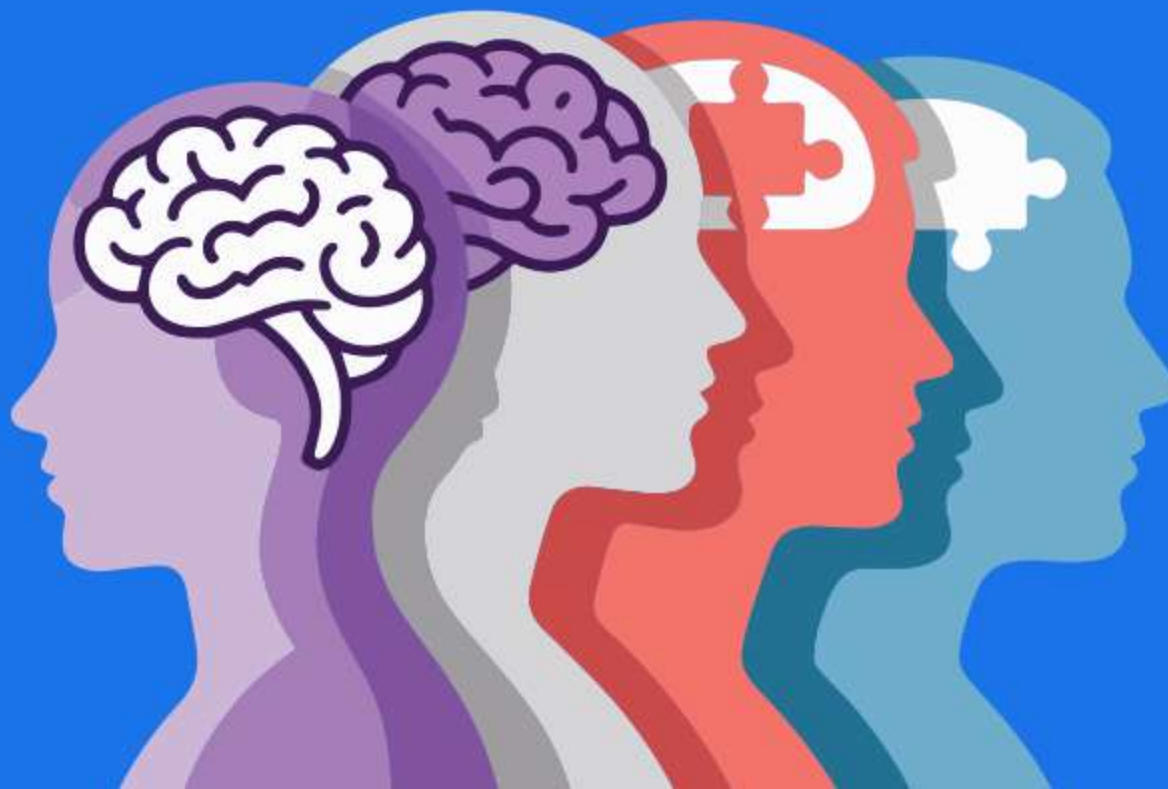


It's like your brain's emotional fingerprint.

How It Links to Personality

Research suggests:

- **Extraverts** → greater **left-frontal** activation
- **Neurotic traits** → greater **right-frontal** activity
- **Impulsivity, control, and emotional flexibility** also vary by pattern





Mood Disorders & Asymmetry

Abnormal patterns may play a role in:

- **Depression** → low left-frontal activity
- **Anxiety** → overactive right-frontal regions
- **Bipolar** → fluctuating asymmetry depending on phase

It's not just personality—it's psychiatry too.

Is It Set in Stone?

Nope!

Brain asymmetry is shaped by:

- Genetics
- Early life experiences
- Mindfulness & therapy
- Stress and trauma

Neuroplasticity means patterns can shift.



Can You Train It?

Ways to support balanced brain activation:

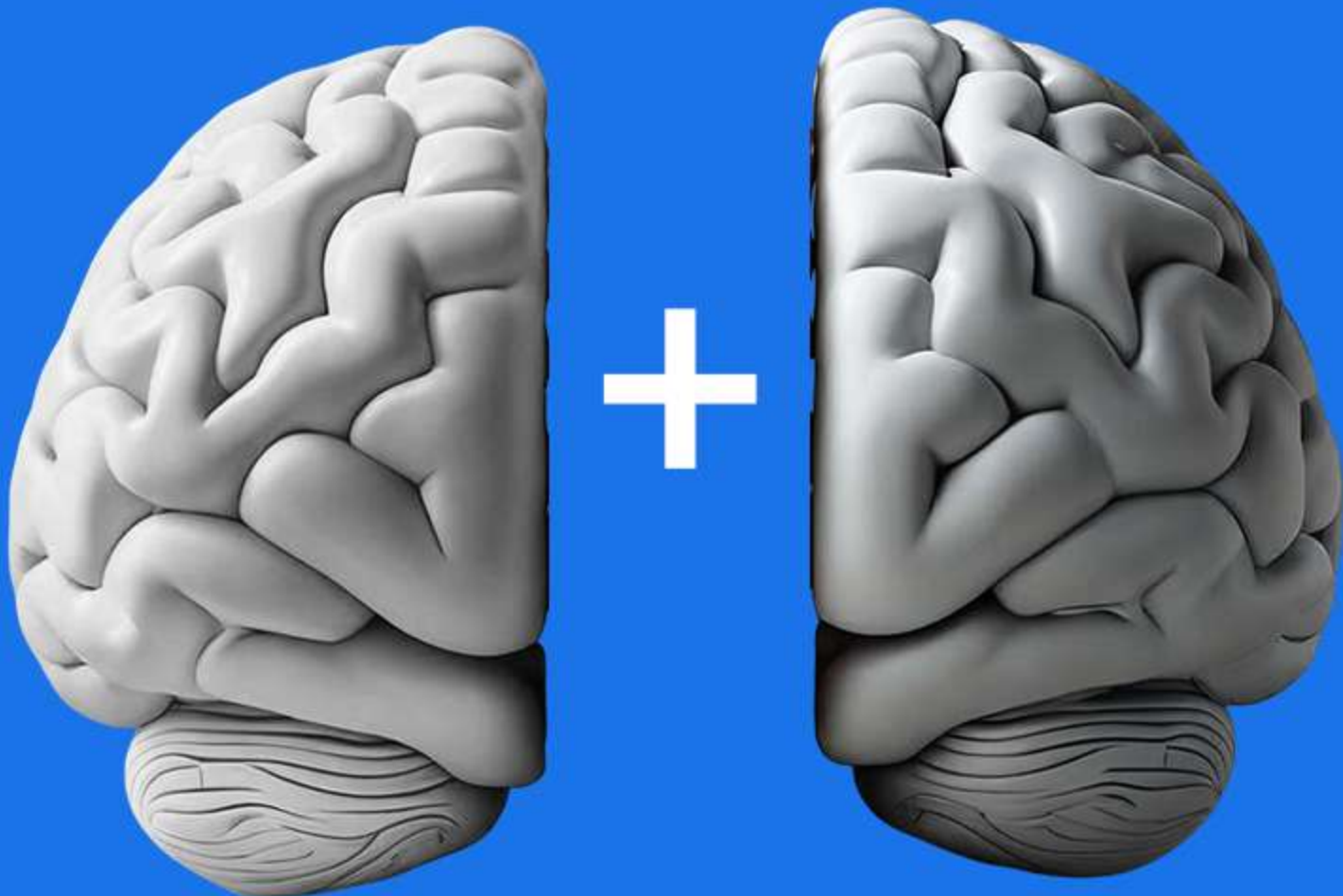
- **Neurofeedback & biofeedback**
- **Mindfulness & emotion labeling**
- **CBT for emotion regulation**
- **Approach-focused journaling**

You can grow beyond your brain's default settings.



Your affective tendencies aren't flaws.
They're patterns — and patterns can
change.

You are not just left or right-brained.
You're whole-brained — and full of potential.



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