

# THE HEMISPHERES ABOVE AND BELOW THE LINE

Left Hemisphere	INTEGRATION	Right Hemisphere
<ul style="list-style-type: none"> <li>▪ Positivity</li> <li>▪ Clear focus and direction</li> <li>▪ Analysis</li> <li>▪ Logic</li> <li>▪ Symbolic language</li> </ul> <p>Above the Line LEFT is increasingly able to <i>inhibit</i> Below the Line RIGHT</p>	<p>Hemispheres become progressively more integrated, resulting in:</p> <ul style="list-style-type: none"> <li>▪ Ability to put feelings into words</li> <li>▪ Awareness and increasingly quick recovery from strong emotions</li> <li>▪ Balance between action and emotion/beingness</li> <li>▪ Awareness of (and empathy for) emotional state of others without losing self</li> <li>▪ Action comes from meaning</li> </ul>	<ul style="list-style-type: none"> <li>▪ Holistic view</li> <li>▪ Intuition</li> <li>▪ Empathy</li> <li>▪ Inspiration</li> <li>▪ “Interoception” (ability to connect with messages from the heart and gut and sensations in the body)</li> <li>▪ Right becomes more dominant</li> </ul> <p>Above the Line RIGHT is increasingly able to <i>inhibit</i> Below the Line LEFT</p>
<b>LH - RIGIDITY</b>		<b>RH - CHAOS</b>
<ul style="list-style-type: none"> <li>▪ Anger</li> <li>▪ Rigid thinking</li> <li>▪ Sees people as things</li> <li>▪ Lack of awareness of emotional state (self and others)</li> <li>▪ Over-focus on action to the exclusion of human feelings</li> <li>▪ Left Hemisphere more dominant</li> <li>▪ Action is valued for its own sake</li> <li>▪ “Fight or Flight” reactions: <i>fight</i> tendencies</li> </ul>	<ul style="list-style-type: none"> <li>▪ Pessimism, hopelessness, shame</li> <li>▪ Emotional overwhelm, inability to recover from strong emotions</li> <li>▪ Depression</li> <li>▪ Fear and anxiety</li> <li>▪ Inability to focus, sometimes inability to move</li> <li>▪ Inability to put feelings into words</li> <li>▪ Inability to move into action due to emotional overwhelm</li> <li>▪ “Fight or Flight” reactions: <i>flight</i> (or <i>freeze</i>) tendencies</li> </ul>	