In general, the right and left sides of your brain control different parts of your body and different functions.

The LEFT side of the brain controls:
- Right side of body
- Reasoning
- Spoken language
- Written language
- Mathematical skills
- Scientific calculations

The RIGHT side of the brain controls:
- Left side of body
- Art
- Music
- Creativity
- Insight
- Abstract thought, following directions
- Understanding space and distance