



While the myth suggests that humans only use 10% of their brains, scientific research indicates that virtually all parts

of the brain have known functions and are used. This means humans typically use 100% of their brain, just not all at

Bleu (1-gram) **ROUGE**

METEOR

Evaluation Protocols

0.129

0.038

0.072

0.026

0.043

0.065

Bard

METEOR

Bleu (1-gram)

ROUGE



Correct or Not?

Humans use all of their brain, not just 10%. This myth is often perpetuated by self-help books and motivational speakers, but it has no basis in science. In fact, brain imaging studies have shown that even when people are resting, their brains are active in many different areas. The idea that we only use 10% of our brain probably originated in the early 1900s, when scientists were still learning about the brain. They noticed that some areas of the brain were more active than others, and they assumed that the less active areas were not being used. However, we now know that even the less active areas of the brain are important for things like regulating our emotions, controlling our muscles,

and processing information. So next time you hear someone say that we only use 10% of our brain, you can tell them

that they're wrong. We use all of our brain, and it's all important.

once, as different tasks and activities engage different parts of the brain.