

Laughter Test

Read each of the following ten statements. Rate your response to each statement with the following scale to best describe your feelings.

- 1- strongly agree
- 2- agree
- 3- sometimes agree
- 4- disagree
- 5- strongly disagree

1. I feel I have a good sense of humor
2. I enjoy laughing and do so easily
3. I feel comfortable laughing by myself (in a theater, watching TV, reading, etc.)
4. I enjoy laughing at home and am able to easily do it with my family
5. I enjoy laughing at work and am able to easily do it with my coworkers
6. I make a point of sharing the funny stories I hear
7. I like making other people laugh and consider myself fairly good at it
8. People tell me I have a good sense of humor
9. I often try to turn tense moments around by using humor
10. I seek out people and things that make me laugh
- 11.

What Your Score Means

40-50 You're not laughing nearly enough. Watch some funny movies, preferably with a friend or loved one. Think about "finding" the funny rather than "being" funny

30-40 Read a book or other information about laughter & humor. Learn why we laugh and why humans need it. Try to define your own sense of humor; what tickles your funny bone.

20-30 You're laughing just enough to get by. Explore Laughter Yoga or Laughter Wellness class. Learn to laugh for the Health of it.

10-20 You're laughing a lot. Humor and laughter are integral parts of your life. Keep it up!

Sense of Humor Locator

It is a little-known fact that people do not have only one sense of humor. We have different senses of humor and we express them at different times. Not everyone we meet will share our particular sense of humor. This is particularly important to remember in social situations and workplaces.

Below is an alphabetical list of some types of humor. Circle those types that work for you, put a line through those that don't. Interpreting what each term means is up to you.

Abstract, Amusing, Antic, Bawdy, Buffoon, Bizarre, Child-like, Childish, Clever, Cornball, Cheerful, Cynical, Daring, Darling, Deadpan, Devilish, Derisive, Droll, Dry, Exaggeration, Elfish, Facetious, Farce, Far-out, Flaky, Gleeful, Gross, Grotesque, Hostile, Hysterical, Insulting, Jolly, Jovial, Kibitzing, Lively, Ludicrous, Merry, Mischievous, Nitwit, Nonsensical, Observational, Off-beat, Outrageous, Parody, Perverse, Playful, Puns, Quirky, Raucous, Ribald, Risqué, Sarcastic, Satire, Self-deprecating, Sick, Silly, Smart-alec, Superior, Teasing, Topical, Uninhibited, Unique, Visual, Wacky, Weird, Whimsical, Witty, Wry, X-rated, Yummy, Zany