



## 20 QUESTIONS

### Examine your HUMOR HABITS

Do you have a great sense of humor, or a great need to develop your sense of humor? Or both?

1. Can you quickly recall a hilarious memory, or a most embarrassing moment? Y N
2. Do you regularly like to hear or tell funny jokes and stories? Y N
3. Do you catch yourself laughing and smiling several times a day? Y N
4. Do you try to make others laugh each day? Y N
5. When you try to be humorous, do others find you entertaining? Y N
6. Can you enjoy being silly once in a while? Y N
7. Are you spontaneous with fun? Y N
8. Do you laugh at yourself easily? Y N
9. Do you use humor to relieve stress and tension? Y N
10. Do you use humor to communicate touchy subjects that would otherwise offend? Y N

**ANSWERING YES to questions 1 -10** suggests you have a great sense of humor. **Continue...**

11. Do you reserve fun until after your work is done? Y N
12. Do you skip fun unless you plan or schedule it into your day? Y N
13. Are you over-sensitive when others tease you? Y N
14. Have you been told that you are too serious and need to lighten up? Y N
15. Have you ever been offended by another person's attempt at humor? Y N
16. Have you ever offended someone when you were trying to use humor? Y N
17. Do you sometimes use sarcasm or put-downs in place of being direct? Y N
18. Do you reserve your sense of humor for certain people, places, or times? Y N
19. Do you lack knowledge, skill, or the confidence to try using humor more often? Y N
20. Would you be interested in learning about humor and how to use it effectively? Y N

**ANSWERING YES to questions 11-20** could be signs of a great need to develop your sense of humor.

*Hangin' on with humor when life looks ugly . . .*