

Your Laughter Profile
Excerpted from *Don't Get Mad Get Funny*
By Leigh Anne Jasheway

Circle the appropriate answer.

1. During an average day, I laugh out loud, snicker or giggle:
 - a. Once or not at all
 - b. Two or three times
 - c. At least once an hour
 - d. Constantly, I'm under medication
2. When I am alone and read, see, hear, or think something funny, I:
 - a. Smile to myself
 - b. Laugh out loud, but look around to see if anyone saw me
 - c. Laugh out loud and find someone with whom to share the funny thing
 - d. Take a cold shower
3. In the past year, I can remember:
 - a. At least one time I spent at least a whole minute laughing
 - b. At least two to five times I spent at least a whole minute laughing
 - c. More than five times I spent at least a whole minute laughing
 - d. I can't remember – what was the question?
4. When I'm around other people, they laugh and joke:
 - a. Never
 - b. Sometimes
 - c. Often
 - d. I never hang around other people, they might laugh at me!
5. When faced with daily crisis (the dog peed on the rug, I missed the project deadline again, my daughter needs brownies for school NOW!) I respond with a laugh:
 - a. Never
 - b. Sometimes
 - c. Often
 - d. Only if it's someone else's rung, deadline, or child
6. I do things intentionally to make myself laugh:
 - a. Never
 - b. Sometimes
 - c. Often
 - d. That might hurt!
7. The people I spend most of my time with:
 - a. Leave me feeling drained and depressed
 - b. Don't really affect my attitude
 - c. Make me laugh a lot
 - d. Usually steal my lunch money
8. I can name:
 - a. One thing that almost always makes me laugh

- b. Two things that almost always make me laugh
 - c. At least three things that almost always makes me laugh
 - d. My closest relatives
9. I laugh at myself:
- a. Never
 - b. Sometimes
 - c. Often
 - d. Only when I'm not in the room
10. I do silly things on purpose (wear strange buttons, make funny noises, and do things to see how others will respond):
- a. Never
 - b. Sometimes
 - c. Often
 - d. No one ever notices
11. When I hear people laughing at work, the first thing I think is:
- a. I wish I could get paid to goof off
 - b. I wish I knew what the joke is
 - c. How wonderful that they're having a good time, I think I'll join them
 - d. That it's Saturday and I shouldn't even be here

How to score your laughter profile

Give yourself the following points for each letter: a=0 b=1 c=2 d=3. Then add them up to obtain your total score.

If your score is less than 5, you are suffering from humor malnutrition. Someone probably told you "Grow up, get serious!" and you did. In order for you to find the humor in daily events, you will have to start slowly – first by convincing yourself that humor is an acceptable emotion and one that is healthy when used regularly.

If your score is from 6 to 15, you occasionally have a good laugh, but your life lacks humor regularity. Remember, laughter is like exercise – you have to do it regularly to get the full benefit. Use it or lose it! You're good at expressing humor when you find things funny, but your goal now is to try to find humor in those things that usually make you angry, annoyed, or irritated.

If your score is from 16 to 20, you are humorously fit! Not only do you approach life with the right amount of humor and benefit from it, you also probably make other people's lives more enjoyable. You should become a friend and role model for people around you who need the healing power of humor yet who don't seem to be able to use it in their lives.

If your score is from 21 to 33, you're downright silly, aren't you? Don't stifle those childish instincts! Sure they told you in school that the class clown would never go anywhere in life. But they were wrong! Look at Chris Rock! He's taking it to the bank.