

Humor Strength Inventory

What makes you laugh?

Self awareness is a critical component
in the journey of discovering your humor style.

This instrument is designed explore your own experiences with laughter.
Colleagues can generate additional ideas-please share with each other.

1. Identify your favorite:

Comedians _____

Movies _____

Television Shows _____

2. What form of humor do you practice? (Refer to the attached list)

3. When are you comfortable using humor?

4. How do you play?

5. What is your first choice when you want to have fun?

6. The ability to laugh at yourself is called "self-depreciating humor."

Examples are physical characteristics, the aging process, mistakes made, etc.

Think about an instance when you used this kind of humor.