

Journal Ideas: Sense of Humor

1. How is your sense of humor? Rate yourself:
 - 0— I don't think anything is very funny.
 - 1— I don't have a good sense of humor very often.
 - 2— Sometimes I have a good sense of humor.
 - 3— I have a pretty good sense of humor.
 - 4— I usually have a good sense of humor.
 - 5— I always have a good sense of humor.
2. What do people tease you about? Do you enjoy being teased? When you tease other people, do they seem to like it? What do you tease other people about?
3. What are your favorite TV shows that make you laugh? Which characters do you like and why?
4. What's a good joke or riddle you have heard?
5. Have you ever played a practical joke or trick on someone else? How did it go? Did the person you trick think it was funny?
6. What is an embarrassing moment you have had? How did you feel? Did anyone laugh at you? Did a sense of humor help you?
7. Who is someone you know personally who has a good sense of humor? How does this person show a good sense of humor?
8. Have you ever had an experience in which someone hurt your feelings and then laughed about it? How did it make you feel and what did you do? Would a sense of humor have helped you?
9. What's the best way to get you out of a bad mood and into a good mood?
10. List 10 things that make you laugh. Which one(s) make you laugh out loud? Tell about them.

