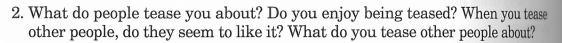
Journal Ideas: Sense of Humor

- 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.



- 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.



Name

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