



What is your Sense of Humor IQ?

Take this Humor Inventory and find out!

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Do you know anyone who loves to laugh? No matter how serious the situation, this person seems to find something to laugh about? We are not extolling the virtues of nervous laughter – pretending things are great when they are not. Rather, it is the ability to see the lightness and silver lining in every cloud that gives us lightness. Laughter makes life more fun, more enjoyable, more playful. Children have little problem laughing and playing. Why is it often so hard for adults to play and laugh? After all, no one else takes you so seriously, why should you?

As the adage goes, “Laughter is the shock absorber that eases the blows of life”

The following questions will help you take stock of your “humor inventory.”

Rate each item on the scale from 1-5

False _____ True
1 2 3 4 5

- _____ 1. Do you take yourself way too seriously?
- _____ 2. Are you too busy to find the humor in things?
- _____ 3. Are you involved with “important things” to look at the funny side of life?
- _____ 4. Are you worried about what others think about you?
- _____ 5. On average, I do not laugh a lot.
- _____ 6. There is not much that strikes me as funny
- _____ 7. I have not had a “good laugh” in quite some time.

Total Score and Divide by 7:

Total Score _____ Divide by 7 _____ equals your score

Where does your score fall?

Score Interpretation of your numeric score

- 1 Superb: Your Humor Quotient is unusually high! Keep up the good work!
- 2 Very Good: You have a very good ability to see the lightness in life!
- 3 Average: Your Humor Quotient could use some boosting
- 4 Needs Work: Look for more opportunities to lighten your load
- 5 Needs a *lot of* Work: Life is too serious to be taken so seriously! Try to find more lightness in your life! If your mood is low, consider getting professional help.

What was your score? What are some ways that you can improve your Humor Quotient?