

The Change-Resistance Solution

Handout 10.4: Humor Inventory

Life is too serious to be taken so seriously! Laughter, smiles, and positive thinking all are ingredients of a sense of humor. A sense of humor will help you to see the bright side of life and to be resilient in meeting the challenges of everyday life. Sometimes we get so caught up in problems that we do not see the solutions.

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

Rate each item on the following scale:

False	_____	True
	1 2 3 4 5	
_____	1.	I have a hard time seeing the humor in everyday life.
_____	2.	I am usually too stressed and busy to enjoy the moment.
_____	3.	I get so caught up in my stresses that I rarely look at the lighter side of life.
_____	4.	I find myself holding too many grudges, resentments, and bitterness.
_____	5.	In general, I rarely find things to laugh about, and I know I take myself too seriously.
_____	6.	I have a hard time adapting to change, and generally like things to stay the same.
_____	7.	I have not had a good laugh in quite some time and do not smile enough.

Take your total score and divide it by 7:

Total score _____ divided by 7 equals your score: _____ .

Interpretation of Your Score

- 1 Superb: Your Humor Quotient is unusually high! Keep up the good work!
- 2 Very Good: Your lightness of attitude helps you to be stress-hardy.
- 3 Average: Your Humor Quotient is average and could use some boosting.
- 4 Needs Work: Look for more opportunities to lighten up.
- 5 You are more prone to emotional and physical problems: Life is too serious to be taken so seriously! Consider getting professional help.