

USING HUMOR | WORKSHEET

Why do I want to use humor?

TECHNIQUE 1: SAVE IT THEN TRY IT OUT

What are some moments, comments, misunderstandings, etc that made me, or someone else, laugh?

How would I share this clearly with someone who wasn't there?

Where am I going to keep my funny ideas? (ie. Notes App, Journal, Voice Memos)

TECHNIQUE 2: THE THIRD ACT TWIST

What's a situation where I lacked a piece of information, and said or did something I certainly wouldn't have if I had known that information sooner?!

How would I tell that story with tension and only reveal the key detail at the end?

TECHNIQUE 3: THIS WILL BE FUNNY LATER

What's something that wasn't fun or funny at the time (or isn't funny now) that I can imagine will be funny later?

How would I tell this story as though it happened to someone else and I didn't feel bad about it, I just thought it was funny?

Is this an experience that still upsets me and it's too soon to share? Yes or No?

If Yes, give yourself permission to write the story out anyway, and put a note in your calendar to re-read it in a few months to see if you feel better about sharing it.)