



Humor Smooths the Way

Humor smooths the way with friends, family members and coworkers. Here are some tips for using humor as a positive tool in potentially uncomfortable situations:

1. Make fun of your own imperfections. When people know you don't take yourself too seriously, they're more comfortable and relaxed around you, and more likely to open up.
2. Whenever appropriate, use humor to defuse anger, provided the humor isn't directed at the person who's angry.
3. Use humor as a memory aid. Incorporating the information you want to remember into a joke or silly rhyme helps you remember it.
4. Humor and creativity go hand in hand. Give people permission to come up with silly ideas or solutions to problems. Some of these evolve into very good solutions, or defuse tension so that good solutions can be found.



Take a few moments and think about humor in your own life:

Describe a time when you laughed so hard you cried:

Think of a favorite comedian or comic actor. What is it about that person that makes you laugh?

It's OK to laugh at yourself. Choose two of your imperfections and say something funny about them:

Recall a time when an unpleasant situation was turned around through humor:
