



## Do You Need A “Humor Transplant?”

Read the statements and circle the number where you feel you belong. If you circle a 7, you are saying the statement is “very characteristic” of you (True – could not improve!); if you circle a 1, the statement is “very uncharacteristic of me” (Not me – I many need a “humor transplant!”). Be honest – No one is watching!

1. My boss would describe me as a ‘humor asset;’ because my sense of humor benefits the company. 7 6 5 4 3 2 1
2. My co-workers and family would list my sense of humor as one of my best assets. 7 6 5 4 3 2 1
3. I avoid sarcasm, ethnic or negative humor except in private conversations with close friends. 7 6 5 4 3 2 1
4. I laugh alone when I feel something is funny. 7 6 5 4 3 2 1
5. I can laugh at my own mistakes and enjoy occasionally being poked fun at. 7 6 5 4 3 2 1
6. As a humor consumer, I easily laugh and enjoy laughing at jokes and stories others share. 7 6 5 4 3 2 1
7. I seek out cartoons, comedy shows, comedians and other humor stimulants. 7 6 5 4 3 2 1
8. I write down humorous stories and keep cartoons and articles to promote humor. 7 6 5 4 3 2 1
9. When stressed on the job, my sense of humor helps me keep my perspective. 7 6 5 4 3 2 1
10. I spontaneously look for the funny side of life and share it with others. 7 6 5 4 3 2 1
11. I send humorous notes and cartoons to friends, co-workers, and customers. 7 6 5 4 3 2 1
12. My sense of humor makes it hard for people to stay mad at me. 7 6 5 4 3 2 1
13. I love to tell humorous stories to make my point in on-the-job communication. 7 6 5 4 3 2 1
14. I sometimes act silly at unexpected times. 7 6 5 4 3 2 1
15. I am not uncomfortable laughing out loud with co-workers. 7 6 5 4 3 2 1
16. I use humor to help myself and others recall important things. 7 6 5 4 3 2 1

Source: “Making Humor Work,” Terry L. Paulson, Ph.D.

**If you scored:**

**100 – 112: You are lying or can't add**

**90 – 99: You are a "Humor Pro"**

**70 – 89: Minor adjustments may be in order**

**45 – 69: A major adjustment is needed**

**Below 45: May require a "Humor Transplant"**

**If you did not laugh or smile at this scoring, give yourself a ZERO!**