

Determine Your Humor Quotient

Circle 7 if the statement is very **characteristic** of you.
 Circle 1 if the statement is very **uncharacteristic** of you.

1. My boss would describe me as a "Humor Asset"	7	6	5	4	3	2	1
2. My co-workers & 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 can laugh at my own mistakes and enjoy occasionally being poked fun at.	7	6	5	4	3	2	1
5. I laugh alone when I feel something is funny.	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
9. I write down humorous stories and keep cartoons and articles that promote humor.	7	6	5	4	3	2	1
10. When stressed on the job, my sense of humor helps me keep my perspective.	7	6	5	4	3	2	1
11. I spontaneously look for the funny side of life and share it with others.	7	6	5	4	3	2	1
12. I send humorous notes and cartoons to friends, co-workers and customers.	7	6	5	4	3	2	1
13. My sense of humor makes it hard for people to stay mad at me.	7	6	5	4	3	2	1
14. I love to tell humorous stories to make my point in on-the-job communication.	7	6	5	4	3	2	1
15. I sometimes act silly at unexpected times.	7	6	5	4	3	2	1
16. I am comfortable laughing out loud with co-workers.	7	6	5	4	3	2	1
17. I use humor to help myself and others recall important things.	7	6	5	4	3	2	1

Add up your score: _____

120-140 You are lying or can't read!
91-119 You're a Humor Pro, keep up the good work.
71-90 You're fertile ground, just need humor cultivation.
45-70 Very serious condition, you suffer from AADS (Acquired Amusement Deficiency Syndrome)
Below 45 Drastic measures needed. You have TS (Terminal Seriousness)

Source: Paulson, Terry. 1989. Making Humor Work.