

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)

North Carolina
HEALTH
Smart

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

How Well Do You Listen?

Rate the following 10 statements on a scale of 1 to 5 with **1 = lowest** and **5 = highest**.

1. I always attempt to give every person I speak to equal time to talk.	1	2	3	4	5
2. I really enjoy what other people have to say.	1	2	3	4	5
3. I never have difficulty waiting until someone finishes talking so that I can have my say.	1	2	3	4	5
4. I listen even when I do not particularly like the person talking.	1	2	3	4	5
5. I listen even when I do not agree with what the person who is talking is saying.	1	2	3	4	5
6. I put away what I am doing while someone is talking.	1	2	3	4	5
7. I always look directly at the person who is talking and give that person my full attention.	1	2	3	4	5
8. I encourage other people to talk by my nonverbal messages, such as gestures, facial expressions and posture.	1	2	3	4	5
9. I ask for clarification of words and ideas I do not understand.	1	2	3	4	5
10. I respect every person's right to his or her opinions, even if I disagree with them.	1	2	3	4	5

Scoring:

Add all the points above to arrive at your score _____

40-50	Terrific listener
30-39	Pretty good listener
20-20	Not listening well to others
19 or under	Very poor listener