

# Your Humour Persona

A Questionnaire to Better Understand Your Sense of Humour



## The Purpose of this Questionnaire

Humor can be a deal maker or breaker. You may be wondering “What can one learn from how one reacts to a simple joke or situation?” Well, this simple quiz can help you get a quick insight into how you tend to use humor in your day-to-day interactions. It also sheds light on the role humour plays in your life at times when you decide to pause and reassess your life. It is especially relevant now at a time when we’re forced to take a backseat to actively engaging in social situations or exploring the world.

### What you need to do:

- Read each question carefully and select the most relatable option.
- Note down the corresponding score on a piece of paper.
- At the end of the quiz calculate your total and find your humour persona in the answer key.
- Your humour persona will give you an idea about the role humour plays in your life.

### Disclaimer:

This quiz is not meant to replace any psychological assessment in any way. Instead, it offers you a view on how often you may be using humour and for what purpose you use it to get through your day.

01

**When was the last time you found something so funny, you laughed out loud?**

- A** Less than a month ago **[2]**
- B** More than a month ago **[1]**
- C** More than 6 months ago **[0]**



02

**If you've had a bad day, what are you more likely to do?**

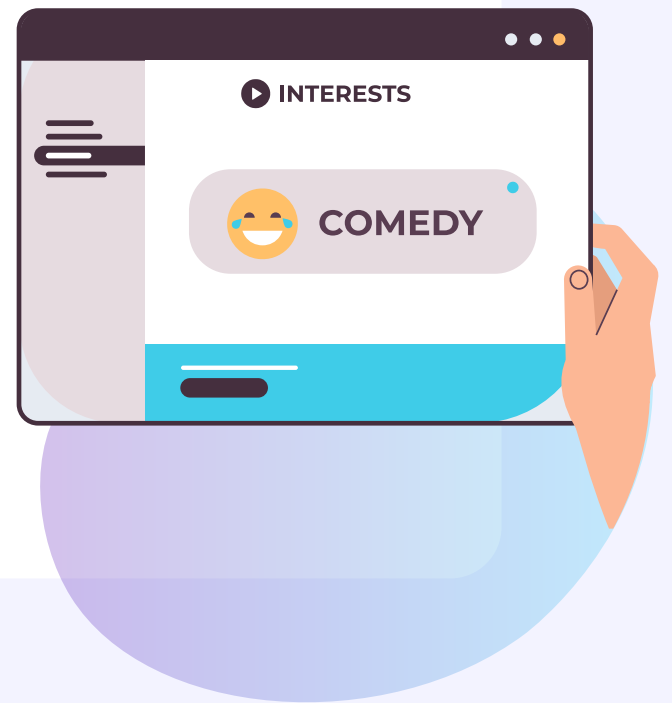
- A** Nothing **[0]**
- B** Take a shower or eat your favourite food or snack **[1]**
- C** Watch something funny **[2]**



03

## How often do you type “comedy” in the search bar of any OTT platform?

- A** Most of the time [2]
- B** Once in a while... when I’m around other people [1]
- C** Not very often... I prefer entertainment of different genres [0]



04

## Do you find other people funny, and do they find you funny too?

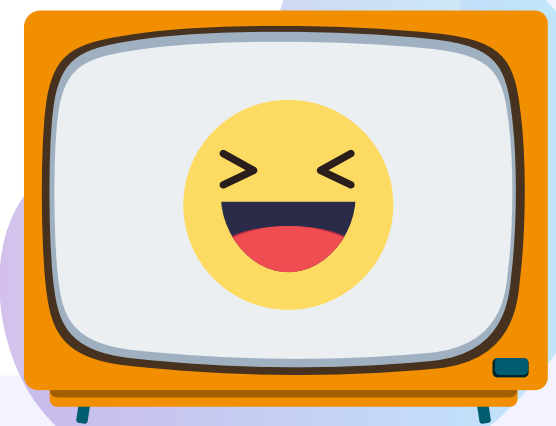
- A** My sense of humour isn't for everyone [2]
- B** People are quite funny... I have no problem laughing at and with them [1]
- C** would have to say both, more or less [0]



05

## Do you like listening to laugh tracks on comedy shows?

- A** They're outdated and unnecessary [0]
- B** I don't mind them, but would prefer if it wasn't there [1]
- C** I can't tell the difference either way [2]



06

## What tickled your funny bone the most over the past year?

- A** Memes and Social Media Content [2]
- B** Sitcoms & Stand-Up Comedy [1]
- C** A shared experience [0]



## What type of humour do you prefer to indulge in?

- A** Self-deprecating humour [3]
- B** Topical humour [1]
- C** Observational humour [2]
- D** Sarcastic humour [0]



## What type of jokes do you usually tend to make?

- A** Poking fun at yourself [3]
- B** Making witty remarks about the situation [1]
- C** Jokes to reduce tension in situations [2]
- D** Making fun of others' mistakes [0]



# Tally Your Scores to See What they Indicate!

## The Private Humorist

0–6

So things haven't been very funny for you recently. Or you'd prefer to keep your humour private. Whatever your reason might be, sharing a laugh can be one of the most whole some ways to relieve stress! Give it a shot every once in a while, and feel yourself lighten up from within.

### Experts Speak

Persona A: Affiliative humor enhances connections among us. Multiple studies reveal a lot about folks who use it. They are less stern and more cheerful, outgoing, and open. They're also less depressed, less anxious, and higher in self-esteem. Romantic partners of people who use this type of humor report more satisfaction with the relationship. **(Campbell, Martin, & Ward, 2008).**

## The Social Laugher

6–12

It's a delicate balance between laughing to yourself and laughing with others, while not intending to offend or hurt – keep that up! With that being said, keep an eye out on not overindulging in one or the other, with a firm sense of when one needs to be serious about things.

### Experts Speak

Laughing in the presence of others indicates the interaction is safe," the researchers explain. "While the norms of most social groups prevent direct, unambiguous acts of aggression and dominance, the use of laughter may free individuals to display dominance because laughter renders the act less serious."

**Source: Humor 101, Mitch Earlywine, PhD, 2010**

# Tally Your Scores to See What they Indicate!

## Everybody's Jester



There's no doubt that you have a sense of humour – and an infectious one at that! A life filled with laughter couldn't be an empty one, could it? Only look out for when you tend to rely on humour to avoid the serious aspects of life, or when you overindulge in poking fun at yourself – you don't always have to be the butt of every joke!

### Experts Speak

Being so comfortable and confident that you can laugh at yourself builds trust. New studies have shown that a **self-deprecating sense of humor** actually promotes psychological well-being. Laughing at your imperfections allows you to recognize them, accept them, and then move along.

**(Harvard Business Review, 2020).**