Humor: A Healing Tool

Introductory Sessions Class Questions Part 2

The Snoopy cartoon notes that “Always find a reason to laugh. It may not add years to your life but will surely add life to your years.”

When you read that statement, what do you feel?

Do you believe we can always find a reason to laugh?

Break open the connection between having a good sense of humor and being playful.

What does it look like/feel like during times when you can laugh or be playful during your day?

What does it look like/feel like during times when you aren’t able to laugh or be playful (a day without humor)?

What do you feel are the reasons why you are not able to laugh or be playful?

If you have lost your sense of humor /playfulness, what are some ways to rediscover or retrieve it?

Handout 2a and Handout 2b

What are your favorite types of humor?