The Hidden Power Within
HUMOR

Lee Bentley Gonsalves, Ph.D.
Director, Titan Communications
Educational Television Program Director
BY TEACHING YOU WILL LEARN

BY LEARNING YOU WILL TEACH

*Latin Proverb*
HUMOR—Hidden Power Within

- INTRODUCTION
- OVERVIEW OF HUMOR
- TYPES OF HUMOR
- HUMOR BIRTH AND BEYOND
- USES OF HUMOR
- BENEFITS OF HUMOR
- BLOCKS TO HUMOR
- WAYS TO UNLEASH YOUR HUMOR POWER
- SUMMARY
IT'S ALL ABOUT YOU---YOU---YOU!

THE VALUE OF THIS WORKSHOP IS NOT IN THE MATERIALS OR THE WORKSHOP

IT IS IN THE SUBSEQUENT BEHAVIOR OF THE PARTICIPANTS
Life is not about finding yourself—it is about creating yourself
George Bernard Shaw

*Oopsie- George looks like you forgot something

Life is not about finding yourself it is about creating yourself—AND IT’S ABOUT CELEBRATING YOURSELF!

Lee Bentley Gonsalves
WHAT IS HUMOR???

- Holistic
- Unique--YOU
- Magic
- Omnipresent
- Resourcing
Definition of Sense of Humor

- **HUMOR**: To be Whim, Comical Quality, Ability to Express what is Funny

- **SENSE**: Ability to Feel, Understand, Perceive, Awareness of Some Quality

- **SENSE OF HUMOR**: Ability to Feel, Perceive, Understand and Be Aware of Whim, Comical Quality and To Express What is Funny
Your sense of humor is one of the most powerful tools you have to make certain that your daily mood and emotional state support good health.

Paul E. McGhee, PH. D.
## TYPES OF HUMOR

85% of Humor Natural

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<tr>
<td>Kidding</td>
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HUMOR
BIRTH TO BEYOND

- Baby Years
- Children
- Teens
- Adults
- Men
- Women
- Seniors
HUMOR - THE 6TH SENSE & THE 6TH WONDER

1. To SEE
2. To HEAR
3. To TOUCH
4. To TASTE
5. To Feel
6. To LAUGH
7. To Love
Humor in friendship has no other end than the transcendence it introduces; it relaxes and comforts us. It is often the glue of affection; it attracts us to people, revealing to us their preciousness. Humor gives us access to one another’s humanity, particularly in situations where seriousness prevails. It often breaks the proverbial ice, our usual uptight tension. It has a way of lightening things, of granting much needed perspective.

Wayne Teasdale
USES OF HUMOR

- Personal
- Relationships
- Support/Enhance Self-Esteem
- Professional
- Legal
- Education
- Workplace/Office
- Training
- Meetings
- Hospitals~Medical Field
- All areas of Entertainment
The world becomes yours the day you have your first real laugh at YOUrself!

E. Barrymore
BENEFITS OF HUMOR
Turn the “LITE” on

- Production, Creativity, and Morale
- Health and Exercise
- Builds Relationships
- Bond with Others
- Helps People Remember
- Brings People Closer
- Enhances Self Esteem (*YOURS* & *others*)
- See “LITE” side of Life
- Allows a Person to Participate in Life
- Self Healing
- Portable
BLOCKS TO HUMOR
Inside Job~We Do It to Ourselves

- Fear (*False Evidence Appearing Real*)
- Peer Pressure
- Stress—Actual or Perceived
- Perception
- Perspective
- Programming
- Personalization
- Ethnicities
- Hopelessness
- Self Talk
- Defeating Negative Attitude
- Lack of Forgiveness
- Not Letting Go
- Choices
WAYS TO UNLEASH YOUR HUMOR POWER (Internal)

- Find Your Own Comfort Level
- Use It or Lose It
- Birds of a Feather
- Observe and Raise Awareness
- Re-Frame~Re-Name
- Act As If
- Copycat- Do What Others Do?
- HUMORcise
- Exaggerate
- Embellish
- Practice~Practice~Practice
- Become a Teflon Tessie
WAYS TO UNLEASH YOUR HUMOR POWER (External)

- PROPS
- CARTOONS
- PICTURES
- FUNNY SAYINGS
- SIGNS
- AGREE
- MEMOS
- QUOTES
- RHYMES
SUMMARY

- It’s About **YOU**
- Helps **YOU** “LITE” Up
- Re-Frame Re-Name
- Bonds People
- Saves Face (**YOU** & Them)
- Enhances Creativity
- Increases Production
- Stress Stopper
- Perspective Promoter
- Truth Teller
- Self Like – Self Love
- Expands Communications

- Breaks the Ice
- Socially Acceptable
- Release Anxiety
- Burnout Buster
- Coping Skill
- Aids Problem Solving
- Puts **YOU** in loving ways
- Therapeutic
- Lengthens Life
- He Who Laughs~LASTS

- Kaleidoscope Humor
UNTIL FURTHER NOTICE

“LITE” IT UP~

JEST FOR THE HEALTH OF IT!
"Judge me all you want, but keep the verdict to yourself."

“LITE” UP AND LIVE!
"If you can't see the bright side of life, polish the dull side."

He who laughs LASTS-----
LAUGH AS IF YOUR LIFE DEPENS ON IT
—because IT DOES!!
THANK YOU FOR COMING!!

I ENJOYED OUR TIME TOGETHER! I WISH YOU MUCH JOY, HAPPINESS, AND LOVE IN YOUR COMING DAYS AND MOST OF ALL I WISH YOU A DE “LITE” FULL LIFE!