**Humor Styles Questionnaire (Martin et al., 2003)**

***Instructions:* Please rate the extent to which you agree or disagree with each item.**

**Strongly Strongly**

**Disagree Disagree Neutral Agree Agree**

**↓ ↓ ↓ ↓ ↓**

1. I usually don’t laugh or joke around much with   
other people. □ □ □ □ □

2. If I am feeling depressed, I can usually cheer   
myself up with humor. □ □ □ □ □

3. If someone makes a mistake, I will often tease   
them about it. □ □ □ □ □

4. I let people laugh at me or make fun at my  
expense more than I should. □ □ □ □ □

5. I don’t have to work very hard at making other   
people laugh – I seem to be a naturally   
humorous person. □ □ □ □ □

6. Even when I’m by myself, I’m often amused   
by the absurdities of life. □ □ □ □ □

7. People are never offended or hurt by my sense   
of humor. □ □ □ □ □

8. I will often get carried away in putting myself   
down if it makes my family or friends laugh. □ □ □ □ □

9. I rarely make other people laugh by telling  
funny stories about myself. □ □ □ □ □

10. If I am feeling upset or unhappy I usually try to   
think of something funny about the situation to   
make myself feel better. □ □ □ □ □

11. When telling jokes or saying funny things,   
I am usually not very concerned about how other   
people are taking it. □ □ □ □ □

12. I often try to make people like or accept me  
more by saying something funny about my own  
weaknesses, blunders, or faults. □ □ □ □ □

13. I laugh and joke a lot with my closest friends. □ □ □ □ □

14. My humorous outlook on life keeps me from   
getting overly upset or depressed about things. □ □ □ □ □

15. I do not like it when people use humor as a way   
of criticizing or putting someone down. □ □ □ □ □

16. I don’t often say funny things to put myself   
down. □ □ □ □ □

17. I usually don’t like to tell jokes or amuse people. □ □ □ □ □

**Strongly Strongly**

**Disagree Disagree Neutral Agree Agree**

**↓ ↓ ↓ ↓ ↓**

18. If I’m by myself and I’m feeling unhappy, I make  
an effort to think of something funny to cheer   
myself up. □ □ □ □ □

19. Sometimes I think of something that is so funny   
that I can’t stop myself from saying it, even if it is   
not appropriate for the situation. □ □ □ □ □

20. I often go overboard in putting myself down   
when I am making jokes or trying to be funny. □ □ □ □ □

21. I enjoy making people laugh. □ □ □ □ □

22. If I am feeling sad or upset, I usually lose my   
sense of humor. □ □ □ □ □

23. I never participate in laughing at others even if   
all my friends are doing it. □ □ □ □ □

24. When I am with friends or family, I often seem   
to be the one that other people make fun of or joke   
about. □ □ □ □ □

25. I don’t often joke around with my friends. □ □ □ □ □

26. It is my experience that thinking about some   
amusing aspect of a situation is often a very   
effective way of coping with problems. □ □ □ □ □

27. If I don’t like someone, I often use humor or   
teasing to put them down. □ □ □ □ □

28. If I am having problems or feeling unhappy, I   
often cover it up by joking around, so that even my   
closest friends don’t know how I really feel. □ □ □ □ □

29. I usually can’t think of witty things to say when   
I’m with other people. □ □ □ □ □

30. I don’t need to be around other people to feel   
amused – I can usually find things to laugh about   
even when I’m by myself. □ □ □ □ □

31. Even if something is really funny to me, I will   
not laugh or joke about it if someone will be   
offended. □ □ □ □ □

32. Letting others laugh at me is my way of keeping  
my friends and family in good spirits. □ □ □ □ □

**Thank you!**