

# QUESTIONS FOR REFLECTION ABOUT LAUGHING



**Your impulse sheet for personal growth.**

*A warm welcome*

## to 11 questions about laughing

### **What you can expect**

Laughter is more than just an expression of joy - it influences our well-being, our health and our social relationships in many different ways. Consciously engaging with our own laughter opens up new perspectives on how we can manage stress, create closeness and experience joy in life. This questionnaire invites you to reflect on your laughter and discover what meaning it has in your life and how it supports you in challenging moments. We have prepared 11 carefully selected questions about laughing for you.

### **What reflecting on laughing brings you**

Thinking about your own laughter brings you many benefits: It helps you to better understand how laughter supports you in difficult moments and strengthens your relationships. Through this conscious examination, you can discover which situations and people promote your laughter and how you can integrate more joy into your everyday life.

Reflecting on your laughter also promotes your emotional well-being because laughter, as a language of the heart, creates connections and makes you feel liberated. Overall, reflecting on your laughter helps you to deal with your feelings more consciously and experience more joy in life.

I hope that you will always be able to laugh wholeheartedly about the little and big things in life and with the people around you. May this laughter give you lightness and joy and fill your life with warmth and happiness.

*Your Tan*



**MY NAME:**

## **11 QUESTIONS ABOUT LAUGHING**

**1. When was the last time you laughed so hard you could hardly stop it?**

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**2. Which people make you laugh the most and why?**

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**3. In which moments has laughter particularly helped you to overcome difficult situations?**

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**4. How does your body feel when you laugh?**

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## QUESTIONS ABOUT LAUGHING

**5. What does laughter mean to you personally – is it more of an escape, an outlet or a source of strength?**

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**6. How has your understanding of humor and laughter evolved over the course of your life?**

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**7. How can you create more space for spontaneous laughter in your everyday life?**

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**8. What little things or situations make you giggle or giggle again and again?**

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## QUESTIONS ABOUT LAUGHING

**9. How does your connection to other people change when you laugh together?**

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**10. Are there moments when you consciously use laughter to create a positive atmosphere?**

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**11. How has your understanding of humor and laughter evolved over the course of your life?**

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**Congratulations, well done!**