

Lighten Up Class 02: Triggers for laughing at/ with others.

Trigger #1: Visit the past.

If you're like me, you have a box of stuff from the past. This may include yearbooks, old photos, journals, and even notes you passed during school. Going through these papers and photos can trigger a flood of memories--and hopefully a large percentage of those will be funny stories you might have forgotten. Make notes and scan those photos and papers.

This can go beyond scrapbooking. I actually did this about a week ago, and in the course of digging through my school stuff I found some photos from an old band trip. I decided to look up a couple of the people in the photos, and lo and behold, I am now friends with them on Facebook and catching up on life!

Baby books and journals can also be helpful in remembering funny family stories.

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Trigger #2: Talk.

Talk to your friends, past and present. Talk to your family. Talk to your spouse or significant other. Find out if THEY think YOU are funny. If so, why? Are there specific instances, or are you funny in general? Turn the conversation around - tell them why YOU think THEY are funny. This can spark not only some good scrapbook pages, but some great conversations and new memories on their own.

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