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MAKING JOKES

Okay, it might be a little too soon for some of you, but... ;)

Making jokes is exactly what the name suggests – and as easy as the name suggests. And yet, I'd probably rank this up there as one of the most difficult processes in the whole book.

It's definitely a process worth mentioning though, because if you get it right, it really does give enormous relief – and quickly.

However, this is a process that requires you to swallow your ego in a really big way, which surprisingly, whole bunches of people don't seem to be able to easily do.

If you're one of the rare lucky ones that doesn't get embarrassed easily, well I can just see you taking to this process like a duck to water, because it's easy to remember, easy to apply and generates relief pretty quickly.

When you make jokes about any situation, it helps take the sting out for a number of reasons.

First, you are circumventing your ego in many ways, because the very fact that you're joking about the situation helps dissolve the relevance of the situation. This also makes emotional breakthroughs happen more quickly.

This is also a process that is likely to lead to quick, immediate breakthroughs and turnarounds, because really funny is always really funny, regardless of whether or not the original incident was contrived. It's the same reasons pranks work :)

When you genuinely burst out laughing, that can't be faked. It's like chemistry – you laugh and a chain reaction of events happens inside your body:

– feel good hormones and chemicals flood your body;

– everything else you were thinking of or worrying about falls away;

– you get completely lost in the moment of laughter;

– you feel emotionally lighter immediately; and

– even when you do go back to the bad feelings and worries, somehow they just don't seem to be that bad anymore, do they?

Also many a true word is said in jest – so sometimes you stumble across the most profound truths – especially if you're in the habit of listening to yourself.

One of the reasons this happens is that you almost start tossing the glib comments off flippantly and without thinking, and that's when the most amazing stuff pops up out of your subconscious.

The next thing that happens beautifully, without you even realizing it, is that you become desensitized to the situation with everytime you mention it – you take away its power.

You increase in intensity with each joke, each time, until someone says something that just blows the whole lid off the situation and you all fall over in fits of giggles.

Yes – this process definitely works better with other people, but you can definitely apply it in your own head – and definitely using your own inner voice. In fact, create a comedian inner voice that chirps you everytime something is going on... life will turn into a non-stop joke ;)

Funny is still funny – even when it happens inside your own head, so don't think you need someone else to help you make this process happen for you.

A caveat here – don't get sarcastic. The point of this process

is to make your world joyful and light; you won't accomplish that by being mean. Also be a little sensitive to other people and be careful how far you take the jokes in the beginning.

Also, only do this with partner buy-in; it's really easy to offend someone with this. And be prepared to stop if your lover needs that. For some people it just is too soon.

A special word of advice for the overachievers: go where it really hurts. Don't avoid something because you're too sensitive – go exactly there. Those big breakthroughs are super mindblowing.

There are two tricks to really good comedy:

1. Always say yes: it doesn't matter what the other party is suggesting, your retort must say yes and agree, and then take the idea further.
2. Just say whatever comes into your head: don't edit. Let it be preposterous and ridiculous and make no sense – just say it without editing, thinking, filtering or in anyway stopping yourself from just being funny :)

Finally – and this deserves repeating – nothing is sacred. Just go there. You'll get it when you eventually do.

SUGGESTIONS TO KICKSTART THE COMEDY...

1. You know what would be nice? Money.
2. With what money?
3. Why don't you do something useful – like get a job?
4. Nobody likes you. I know – the universe has made that abundantly clear.
5. After adultery: why, do you want to call a friend?

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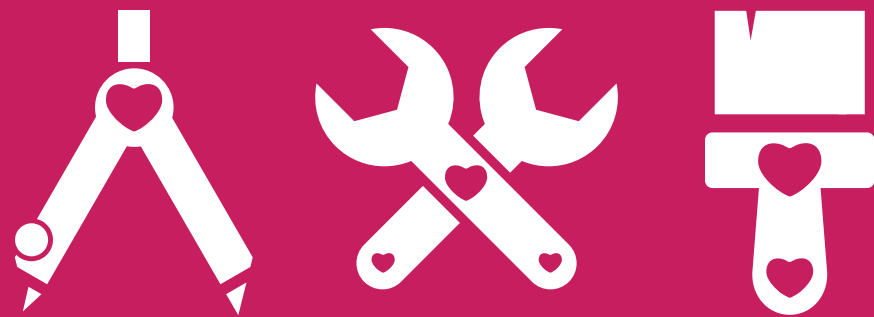
Ah!

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The Element of Surprise!



categories



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