

# The Power of Humour

(Discussion Questions for Facilitators)

**You are encouraged to think of this discussion like a game.** The goal of the game is for the people at your table (including you) to **collectively explore** this topic with the help of some thought-provoking questions. Each player in this game provides their **contributions** based on their **unique perspectives**. This game lasts for 90 minutes and there are only two rules – **one** person talking at a time and **respect** between participants. Cell phones should be turned off (or on vibrate) so they don't distract from the discussion.

**A SIMPLE TIP:** If someone at your table is talking for a while (i.e. more than a minute or so) and they've already made their point, **simply raise your hand**, apologize for interjecting, and suggest that it might be good to hear from others on this question or move on to the next question. Long stories should be saved until **after** the 90 minute point for those who want to hear them. **Just remember: most people who talk a lot are very aware that they talk a lot**, and they don't mind other people interjecting when it's done in a respectful manner. Don't forget to include yourself as an **equal** contributor to the discussion.

Warm-up questions: 1 to 4 (help to establish humility, trust and vulnerability in the group)

Main questions: 5 to 8 and 11 (try your best to cover these within the 90 minutes)

If there's time: 9 & 10

<p><b>1 Start</b></p> <p>Nobody's perfect, so which <b>conversation challenge</b> would you like to focus on for this discussion?</p> <p><i>(pass around page #2 - go around the table from left to right ending with yourself)</i></p>	<p><b>2</b></p> <p>Which of the Food for Thought videos was the <b>most thought-provoking</b> to you and why?</p> <p><i>(After this question, anyone can answer in any order)</i></p>	<p><b>3</b></p> <p><i>(Level of Importance)</i> How much do you <b>value</b> humour in your life?</p> <p><b>Do you get enough</b> humour (and laughter) in your life?</p>	<p><b>4</b></p> <p><i>(Sources of Humour)</i> a) Who is one of your <b>favourite comedians</b> (or comedy TV series) and <b>why</b>? b) Who are the <b>funniest people</b> in your life, and <b>what makes them funny</b> to you?</p>
<p><b>5</b></p> <p><i>(Self-reflection)</i> a) How easy or difficult is it for you to find something humorous and to laugh out loud? b) How easy or difficult is it for you to make someone else laugh?</p>	<p><b>6</b></p> <p><i>(Controversial Humour)</i> People have been killed over depicting religious figures in cartoons. Are there any subjects matters that you believe are either <b>too sensitive</b> or <b>too controversial</b> to joke about?</p>	<p><b>7</b></p> <p><i>(Uplifting/Therapeutic)</i> What kind of humour do you <b>seek</b> (if any) to bring yourself out of a <b>sad or depressed</b> state of mind?</p>	<p><b>8</b></p> <p><i>(Creating the Conditions)</i> What <b>advice</b> to you have for someone who would like to have <b>more humour and laughter</b> in their life? (i.e. going out to see stand-up/improve comedy, etc).</p>
<p><b>9</b></p> <p><i>(Schadenfreude)</i> What is your view on humour which makes fun of someone else's misfortune and do you indulge in this type of humour? <i>(It's okay, we won't judge you if you do!)</i></p>	<p><b>10</b></p> <p><i>(Artificial Enhancers)</i> How much does alcohol (or other substances) play a part in <b>helping</b> you to find the humour in something?</p>	<p><b>11 90 min</b></p> <p>Do you have any <b>constructive feedback</b> for the facilitator?</p>	<p><b>AFTER 90 MINUTES –</b> Feel free to stick around as long as you like. If there are multiple tables for this event then you are encouraged to ask for <b>three volunteers</b> to swap from each table in order to allow more people to meet. Conversations are no longer limited to the topic.</p>

*(This is the handout for question #1 - please allow the people at your table to take a look at this when they arrive)*

# Conversation Challenges

Which of these would you like to be more mindful of during this discussion?

*(Feel free to pick a challenge which is not included on this list)*



**Listening** while not being too distracted by your own thoughts at the same time.

**Interjecting** – sensing when others have made their points and raising your hand if necessary.

**Disagreeing** in a respectful way while providing benefit of the doubt to others.

**Not Dominating** the discussion by being mindful of how long you take to make a point.

**Attitude** – being mindful about the amount of positivity or negativity that you are contributing.

**Openness** - not being afraid to share your insights and wisdom from your unique perspective.

**Volume Level** - speak so that the person sitting the farthest away from you can still hear you.

## MORE INFORMATION

- it is very important that facilitators make every effort to arrive on time
- if you're not sure how long it takes to get to the event, please aim to arrive a bit early just in case

### Arrival of Attendees:

- when two or more tables are involved, a designated greeter will guide people to the various tables as they arrive
- each facilitator will have 5-7 people (including themselves) at their specific table at the venue
- introduce yourself and welcome others to the event

### Structured Portion of the Evening:

- once 5 or 6 people have arrived at your table then your collective discussion can now begin
- don't forget to include yourself as a *contributor* to the group; not just a facilitator
- the official duration for the facilitated portion of the discussion is 90 minutes so people have an excuse to leave at that time if they want or stay, change tables, and mingle
- have fun! 😊

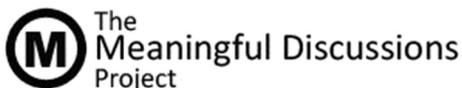
### Small Request:

- please make sure to let me know of anyone who is disrespectful to any members of the group, or whom you feel does not belong in the group for whatever reason (life is too short to put up with any bad apples in this group)

Lastly - **thank you** for taking the time to be a facilitator for this group! It's people like you that allows for us to manage a room full of strangers who are interested in meaningful discussions within a safe and supportive atmosphere; and of course, the best case is when these strangers turn into friends.

Sincerely,

Glen Brauer  
Founder, Facilitator & Event Coordinator



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