

## HUMOR WORKSHOP - ITALY 2013

This session can start with a personal share about humor.

- Slogans - "I didn't experiment with food, I was in advanced research and development"; "try it for 90 days, if you don't like it, we'll gladly refund your misery"; Laugh everyday, it's like inner jogging"; "I'm allergic to certain foods, when I eat them I break out in fat"; "Don't take life too seriously, you'll never get out of it alive!"
- Rule #62 (AA 12 x 12) - don't take ourselves so seriously
- Humor strengthens recovery - remember to laugh/not cry
- Laughter mends the damage done to body, ego, self esteem
- READ "For Today" - page 16 (jan 16), 343 (dec 8), 316 (nov 11)

**TRIVIA ...** HAVE SOME VOLUNTEERS COME UP AND WORK IN A FEW TEAMS, THEY TRY TO ANSWER THE QUESTIONS, USE THE 3 LEGGED STOOL TO COLOR A LEG FOR EACH CORRECT ANSWER

**MAD LIBS ...** HAVE A VOLUNTEER WRITE A WORD FROM THE MEMBERS ON A BOARD

### QUESTIONS & SHARING

1. Remember something that was said or an event in OA that was funny. What did this do for you?
2. Did you ever say or do something in an OA meeting that brought about laughter. How do you think the OA members felt from this?
3. How can you bring more laughter to your life and others?
4. How has humor strengthened your recovery?

In what way does laughter mend the damage to body, ego, and self esteem