

# Humor Creed

## We Hold These Truths to Be Self-Evident

1. Humor is universal
2. Humor activates laughter—a physical experience
3. Humor activates mirth—an emotional experience
4. Humor activates “wit”—a cognitive experience
5. Not all humor is therapeutic
6. Humor may stimulate laughter but humor and laughter are distinctly different
7. There are physiological, emotional, cognitive, and physical benefits to therapeutic humor
8. It is beneficial to both offer and receive humor
9. Humor can be therapeutic, hostile/harmful, or neutral
10. Laughter and humor are not therapies but they may be therapeutic
11. Humor is a stimulus, experience and not an emotion, thought, or behavior. Humor may activate emotion, thought, and behavior.