

The Jester System

What's your comfort level?

For each item, circle the alternative that best fits you.

SA = strongly agree

A = agree

N = neutral

D = disagree

SD = strongly disagree

1. I enjoy seeing the absurd in life's situations. **SA** **A** **N** **D** **SD**

2. I enjoy playful teasing. **SA** **A** **N** **D** **SD**

3. Puns are delightful to me. **SA A N D SD**
4. I love rough-and-tumble play. **SA A N D SD**
5. I like poking fun at pompous people. **SA A N D SD**
6. I sometimes like pretending I'm someone else. **SA A N D SD**
7. I enjoy make-believe. **SA A N D SD**
8. I have a well-developed silly side. **SA A N D SD**
9. I can sometimes be carefree and rambunctious.
SA A N D SD
10. I sometimes see the humor that others miss. **SA A N D SD**
11. I like to clown around. **SA A N D SD**
12. I enjoy a good snowball fight. **SA A N D SD**
13. I like to tickle some people. **SA A N D SD**
14. I have enjoyed rolling down a hill and laughing.
SA A N D SD
15. I like being tickled. **SA A N D SD**
16. I can imagine enjoying prancing around like a horse.
SA A N D SD
17. I like to have pretend arguments with friends. **SA A N D SD**
18. Mockery appeals to me. **SA A N D SD**
19. I love to play with children. **SA A N D SD**
20. I find slapstick comedy appealing. **SA A N D SD**
21. I am a bit of a jester at heart. **SA A N D SD**
22. I have chosen friends on the basis of our laughter together.
SA A N D SD
23. I sometimes get into giggling fits. **SA A N D SD**
24. Farting sounds are funny. **SA A N D SD**

SCORING**SA** = 2 points**A** = 1 point**N** = 0 points**D** = -1 point**SD** = -2 points**FOR THIS QUESTIONNAIRE**A score of 25 or above is *high*.A score of 10 to 24 is *medium*.A score of 9 or below is *low*.

Add to get your total Jester Comfort Level score: _____.

YOUR JESTER COMFORT LEVEL SCORE

If you scored 10 or above, your comfort level in the Jester system is in the medium to high range. This means that you like a lot of play, humor, amuse-

ment, fun, hilarity, and make-believe in your life. You're most at ease when the Jester in you is activated a lot.

If you scored 9 or below, you prefer things in your life to be fairly serious, and you do not require a great deal of play in your life. You are not into being much of a Jester right now. You're most at ease when the Jester in you is fairly quiet.

Is your life in sync with your Jester system?

Next, evaluate your current experience with the Jester system by answering these questions. For each item, circle the alternative that best fits you.

1. My current life does not provide me with enough fun.
SA A N D SD
2. My current life does not have enough playfulness in it.
SA A N D SD
3. My wit is not really appreciated right now. **SA A N D SD**
4. There is too much seriousness in my life now. **SA A N D SD**
5. I don't get enough of a chance to be carefree and cut up.
SA A N D SD
6. I am more of a clown than anyone gets to see these days.
SA A N D SD
7. I am stifling my playful instincts these days. **SA A N D SD**
8. I wish that I had a life with more lightheartedness.
SA A N D SD
9. I yearn for more silliness in those around me. **SA A N D SD**
10. There is not enough laughter in my life right now.
SA A N D SD

SCORING

SA = 2 points

A = 1 point

N = 0 points

D = -1 point

SD = -2 points

Add to get your total Jester Current Life score: _____.

YOUR JESTER CURRENT LIFE SCORE

If you scored above 6, you feel that your current life understimulates your Jester system. You need a life that gratifies the Jester in you more than your current situation does.

If you scored between -9 and 5, you feel that your current life is just right for stimulating your Jester system.

If you scored below -10 , you feel that your current life overstimulates your Jester system. Your current life pushes you to be more of a Jester than you want to be.