

HUMOR

**Comedy** is one of the most beautiful forms of communication. There are many different types of comedy that we will get into in this program.

Comedy is complex yet simple. Comedy is generally self taught which makes it hard to learn and master. That's why I decided to create this program as comedy is something I love doing and thinking about.

Comedy is fun and it feels great to laugh and make others laugh with a witty joke.

This program will help you leverage my expertise and make you funnier than you ever thought possible!

## 1 - Be unexpected

You must understand the situation you are in. Realize what people are expecting you to say. This is a difficult task and it takes time to perfect. It's hard because you can't read minds. But, you can understand the situation's context and subliminal cues to get an idea of what people expect to hear.

Once you know what people want to hear, All you have to do is go to the other "unexpected" direction. This type of humor takes quick thinking aka wit. Both of these concepts can be developed with practice and repetition.

To reiterate, identify on the fly what people are expecting,. Then go in the unexpected direction. If you realize they expect you to say "x," go with "y" and let the laughs roll in!

## 2 - Compliment & Bash

Build someone up with a compliment. For example, tell someone they are smart. By building them up you are then giving yourself permission to bash lightly and playfully with a "BUT."

I love you, but I also hate you.

I think you are kind, but not that cool.

I think you are the best, but also the worst.

I think you are great, but also annoying.

### **3 - Exaggerate:**

Humor can be made by over exaggerating things. Over exaggerations are something that come to you in the moment. You could say "you are the worst person I know."

Exaggerating is easy and lots of fun. Here are some examples of exaggerations.

We hung out for 7 trillion minutes.

I love doing crack and heroin in succession.

## 5 - Precision Descriptions:

Descriptions that are accurate and precise are music to people's ears. They can usually be found with longer descriptive words. Most people don't think they have a good vocabulary. I would disagree. Everybody generally hears the same words growing up. People who use big words have the same brain as people who don't use big words. Thus, I believe anyone can use big words that sound nice.

. It's my belief that you can unlock the human brain by going through my Brain R3frame program. It will give you more brain power to use more descriptive words and think clearer.

I will add that big words are not always the most descriptive. Therefore it's better to make your goal to be clear first, then use big fun words second.

## 6 - Opposites

Let's talk opposites. They are fun to use in the same sentence because they contradict each other. Or if someone says they love something, say you love the opposite in a joking manner.

What are some antonyms you like to use?

## **7 - Pleasant Sounding Phrases**

Use words that sound good together like "simple sound." This is essentially using words that start with the same first letter in succession. Use this strategy when speaking and you will sound super duper.



## 8 - Rhymes

It's fun to rhyme when speaking and can add another wrinkle to your comedy.

Rappers are great at doing this. Guys like Snoop Dog and Eminem are great lyricists and rhymers. Here are some examples of rhyming.

## **9 - Be Factual:**

Describe exactly what you see in a factual manner. Sometimes being a straight shooter is the funniest thing you can do. Here are some examples.

## **10 - Ask stupid questions:**

This is an easy one. Everyone asks questions. Now, intentionally ask questions that are either dumb or funny. Sometimes just ask them like normal. Other times add a twinge in your voice so people know you are kidding.

## **11 - Be Honest:**

In life people will ask you questions, so it's good to be honest with them, or overly honest to get a laugh. Most times practicing radical honesty will lead to regular boring situations being made funny. Say for example you are in the bathroom and someone asks what you are doing in the bathroom. You could reply "going to the bathroom." Or you could reply "taking a giant shit." Which one is funnier?

## 12 - Irony

This is one of my favorite forms of humor to laugh at because in the moment I don't know why I'm laughing. It's essentially contradicting what you say you will do.

For example, someone might say I'm exhausted. Then, say I can't wait to go to the party. When you find yourself declaring something, then saying the opposite in a joking manner, people will recognize the irony in your contradicting statements. It's also important to smile or laugh after the contradicting statement so people know it's a joke.

## 13 - Improvisation:

One of the best known versions of comedy is improvisation. It's my favorite form of comedy that I use in my personal life. A great example of this type of comedy is from "Whose Line Is It Anyway" moderated by Drew Carey. In the show the comedians are given scenarios that they have to improve out. This humor requires quick thinking, wit, and going with what you feel.

At improv classes they teach the **Yes and** technique. When someone says something to you, instead of letting the conversation die, or laughing too much... say "**yes and x.**" The more you can do this the more the tension is built up which makes it feel even better when you finally break and begin laughing.

Some other examples of improve are in talk shows. When Conan, Jimmy Fallon, and Ellen Degeneres are interviewing their guests they are improving by manufacturing humor that makes the audience laugh and guest laugh.

Improvisational humor takes time to learn, but it is so worth it because it is so much fun. Practice by making stuff up with your friends and going back and forth.

## 14 - Like:

Similar to yes and, like helps you keep the comedic interaction going. Rather than letting the momentum die after a joke (which most people do), you can keep the conversation going by saying "like this," "like that," "like it was x."

This is a tool to help you develop fun conversations so you can have more fun. What can you do to add like into your comedic tool box.

## **15 - Saying Phrases Abnormally**

Say phrases abnormally or with different punctuation, pronunciation, tones or speed. They can catch people off guard and make them laugh.

Dollars can be pronounced Doll-Hairs.

Batter can be pronounced Bee-Atter

Coffee can be pronounced Co-Fee



## **16 - Comfortability:**

This is something I did that changed my life. I was apart of several friend groups. I noticed I was most comfortable with 1 friend group. I realized I was way more fun, jokey, calm, loose, unfiltered and cool with this friend group. Then I realized I should be this way with every friend group I have. With family. With strangers. With anyone that comes into my life.

Do you have a friend group that you are super comfortable with? How can you realize this and transfer this fun energy to everyone in your life?

## **17 - Listening:**

Listening is extremely important in comedy. Sometimes you are listening to the people you are in conversation with to find the right time for comedy.

How should you listen?

It's best to shut your head voice or thinking voice off while listening intently. This is hard to do because your brain naturally wants to tabulate the different points you hear in conversation.

You can practice turning your head voice off by listening to friends or people on youtube by turning your head voice off for 5 seconds. Then increase it by 5 seconds until you get to the point where you are listening to people without using your thinking voice.

## **18 - Being Present:**

Being present is also important to listening and comedy. When you are present your brain is in the current moment rather than being in the past or future. This allows you to fully engage with the people around you. I was someone who loved to be way into the future. This concept was a game changer for me. I hope it will help you as well.

Practice this concept daily with friends, family and at work. You won't regret it!

## **19 - Rebuttal:**

Rebuttals are what make humour great. It's the back and forth, pitch and catch. When someone, pokes, teases, or says something funny to you, rather than not responding, give a rebuttal. Say something back. If someone calls you "creepy," reply back "how creepy." Or say something back. It can be anything. When someone pitches, catch it and throw the ball back.

Robert Downey Junior is one of the best at doing this. He will keep a straight face and reply back with something witty. This is one of the funnest forms of humor.

## **20 - Keeping a straight face:**

In communication there is tension. Especially with comedy. Tension exists between the person making the joke and the audience. The person making the joke puts themselves out there creating a pull. The audience laughs and creates a push. Which creates tension. The comedian can either laugh to release the tension or keep a straight face to keep the tension. This keeps the audience engaged as the tension builds and builds. Then when the comedian does laugh, it's funnier and people get to laugh with the comedian. It's why we find it funny when comedians break and laugh.

## **21 - Smiling while talking:**

Smiling while you speak is a great way to show you are fun and don't take life too seriously. Some guys never smile. If you want to be seen as someone who enjoys life, comedy, and is fun to talk to, don't be afraid to smile when talking.

If you don't ever smile while talking, practice smiling while talking alone. It might feel weird and forced at first, but it becomes a habit with practice.

Smiling also makes you feel better and happier. It's also fun to be around people who smile.

Practice saying this 10x in a row while smiling.

The cat likes poo. 10x

## **22 - Laughing At Your Own Jokes:**

If you are telling a joke, I suggest laughing after the joke, especially if you want your audience to laugh. People mirror each other. When your audience sees you laugh, they are more likely to laugh.

It's why people like seeing their favorite comedian laugh. It's also funny to watch SNL skits with guys like Jimmy Fallon and Pete Davidson who laugh often while in character.

The only issue with laughing after your joke is that you need to say funny shit. If you are laughing and your jokes suck then you can look weird. Other times just wait for your audience to laugh and laugh with them!

## **23 - Dumb or Clueless**

By saying dumb or clueless things, you are putting yourself out there and you can make people laugh easily. Don't be afraid to look stupid. It takes a lot of confidence to say dumb stuff. I love saying stupid things or asking dumb questions.



## **24 - Makeup sayings:**

Slap a da base is a made up saying, Slap the ham is also a made up saying. Honey potting is a made up saying. These usually come from movies. But you can make them up on your own,

## **Catching Phrases:**

There are a million different catch phrases. If you find some words you like. Repeat them over and over. The more you repeat them the better they sound, Catch phrases like "Ok, bye" or "I like that" or "Fascinating" or "Score one for the guys good" or "Is or isn't it" are all fun catch phrases people just made up and use over and over.

## **25 - Steal Humor**

In order to be great at basketball NBA players stole all of Micheal Jordan's moves. Do this in your own life. Steal jokes, steal tone, steal humor from the people around you, then adopt it to make it your style.

## 26 - Sarcasm

This is when you say something in an exaggerated manner half heartedly.

Let's go over an example. You can say "I love doing that" which would be interpreted by the people around you as "he loves to do that." If you want to be sarcastic and humorous, you can say "I loooooove doing that" in an exaggerated negative type tone. This is interpreted as they don't want to do that.

Sarcasm is fun but if you do it too much it can get played out quickly since it is negative. Some people also find it annoying, that's one of the reasons why you want to be careful with this humor.

Growing up I was very very very sarcastic. It wasn't until I learned about positive humor that I began changing how I was doing humor. Sarcasm is great and fun, I wouldn't recommend being only sarcastic. It's best to switch your type of humor to be more positive.

## **27 - Self Amusing**

This is a type of humor that I love. It's basically humor where you are making yourself laugh. When you say things that make you laugh around others, then it's likely the people around you will laugh and have a good time.

Self amusing thoughts have been how I live in a blissful state. Without pointing out funny things to myself I wouldn't feel as good. Make it a goal to point out funny things to yourself and other.

## **28 - Enunciate and Detour**

**This is a fun little game to play with people when you are fucking around that tests your wit. Here's an example.**

**Rather than saying you look fat, pretend like you are going to say you look F. Enunciate the f so people think you are going to say FAT, but rather than say fat say You Look Ffree and cool.**

**This is fun to do and keeps people guessing!**

## 29 - Types of stand up:

**Conversational:** This is the type of comedy Russel Brand does. It's basically improvisational comedy where Russel has a conversation with the audience. It takes fast thinking along with wit. People love it as he makes it up as he goes. This is how I am in conversation.

**Stand up:** This is the most popular type of comedy performed by comedians. You go on the stage and tell jokes and stories that make the audience laugh.

**Talk show:** This is when a comedian essentially does a podcast on tv with celebrities who are promoting something. The comedian will do a monologue to start off the show. Then they will interview a celebrity. The celebrity will tell a funny story. An example is the Late Night Show with Jimmy Fallon.

## How to become funnier?!

Watch and observe other comedians. Understand their tendencies. Pauses, pacing, tone, frequency of smiles.