

Good Humor Policy

A good humor policy at work defines what is humorous and what is not. I find what is often called humor contains too much hostility. Brenda uses sarcasm to make people to laugh at work. But there is an uneasiness in their laughter and I suspect it is because they realize that the sarcasm// might be directed at them some day. So people keep a safe distance from her. She thinks that being sarcastic// is an ok// form of humor. But when sarcasm is directed at someone in a mean-spirited manner it is not humor but hostility. The word sarcasm comes from the word scar as to tear flesh. In every relationship we need to monitor our behavior to keep it respectful. Humor is an invitation to join in the fun and an expression of feeling good. Here is a list to help contrast the differences between humor and hostility.

Good humor always shows you care.

Humor is:

mature
caring
rewarding
encouraging
respectful
bonding
playful
empathic
welcoming
unifying
tender
appreciative
constructive
compassionate
healing
complimentary
warm

Hostility is:

childish
cruel
punishing
discouraging
diminishing
alienating
teasing
insensitive
excluding
divisive
nasty
shaming
destructive
humiliating
harmful
offensive
cold

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