

#9 Laughing at Yourself

Certainly, one of the best ways to be happy and improve your sense of humor is to learn to laugh at yourself. Laughing at your errors helps you to back up, realize you goofed and say I am sorry. Admitting that you are not right all the time takes the pressure off. An inward look helps you perceive yourself in a realistic manner. It is always better for you to catch your own flaws than have someone else point them out to you.

Do your best and forget about the rest.

Humor makes it easier to see the truth. Life is a constant source of amusement. The more you laugh at yourself, the less others are inclined to laugh at you. People around you are aware that you have faults just like them. By laughing at yourself, you invite others to laugh with you

Ironically, if you take yourself too seriously, others won't take you seriously at all. If you laugh at your own imperfections, a tone is set that invites others to laugh at their transgressions. People trust those who are willing to face their own character.

Being able to laugh at yourself is a saving grace. Do your best to admit when you have made a mistake. It's easier for others to be forgiving when you are aware of your blunders. When you forgive your mistakes, others trust that you will be forgiving when they make a blunder. Consider it a personal victory to be aware of your weaknesses.

Notice your reactions when you are around someone pretentious or who talks in a self-righteousness, arrogant manner. Such people are frequently humor impaired. No one is so important that there isn't something funny about them.

Being able to laugh at one's own bloopers is an advanced virtue, a trait that requires the capacity to see all of one's self. In a hand mirror we may only see our face, but objective self-study is like being surrounded by full-length mirrors. An honest and insightful reflection of this sort is always revealing, never self-degrading.

Laughing at yourself requires a high level of self-analysis. It is important to have an accurate sense of proportion about one's abilities rather than exaggerated importance. When we cannot laugh at ourselves, others laugh behind our backs. Respectfully poke fun at the illusion of perfection and not the person. We all have blind spots and need to help each other to laugh at ourselves. The necessary skill is a degree of awareness to see oneself as others see you.

When you can laugh at yourself no one else's laughter can hurt you.