

SAA of New York City



Workshop Handout

Garment District
Sunday July 26th - 3 pm



Humor as Tool of Recovery

by Ben R.

NOTE: SAA in NYC does not endorse, finance or oppose any of the above non-SAA material. The views reflected on this document are the ones of the SAA member who presented the workshop. The SAA member who presented the workshop does not speak for SAA.

Humor as Tool of Recovery

Humor As A Tool Of Recovery

Humour (British English) or **humor** (American English; see spelling differences) is the tendency of experiences to provoke laughter and provide amusement. The term derives from the **humoral medicine** of the **ancient Greeks**, which taught that the balance of fluids in the human body, known as humours (Latin: *humor*, "body fluid"), controlled human health and emotion. People of all ages and cultures respond to humor. Most people are able to experience humor—be amused, smile or laugh at something funny (such as a pun or joke)—and thus are considered to have a *sense of humor*. The hypothetical person lacking a sense of humor would likely find the behavior inducing it to be inexplicable, strange, or even irrational. Though ultimately decided by personal **taste**, the extent to which a person finds something humorous depends on a host of variables, including **geographical location**, **culture**, **maturity**, level of **education**, **intelligence** and **context**.



Humor as Tool of Recovery

Humor can be used in a harmful way or in a healing way.

Sex Addicts Anonymous Book

On one side is a character defect (harming people with humor) on the other side is a character asset (healing humor).

First Step Around Humor

I was powerless over the the fact that people would make fun of me, they made my life unmanageable.

Have you ever been made fun of, teased, or bullied.

Have you ever made fun of someone or teased them?

Did you use sexual humor or dirty jokes in inappropriate ways?



My personal experience, strength and hope with humor.

Humor as Tool of Recovery

The truth will set you free! But first it will piss you off!

Harmful Humor/Negative Humor



Healthy Humor/Positive Humor

- We can use humor to bring happiness into people's lives. I can make newcomers to SAA laugh and show them that we can laugh in recovery and that recovery can be fun.
- How many of us when we first came to SAA were in a desperate, sad place. I never knew happiness was possible without acting out. People want to be around laughter, fun, and joy.
- Laughing is good exercise! Have you ever laughed so hard that your stomach feels like you just did 100 sit-ups? I have, but my stomach doesn't look like I have done 100 sit-ups even though I laughed that much because I have been eating too much vegan ice cream lately and I can't laugh enough to burn that off.

•Clean jokes

Making fun of ourselves (my own looks, size, physical attributes, the sound of someone's voice (If these are told by someone who is blind, deaf, handicapped, has ADD, etc. about themselves it can help to make others feel comfortable around them.)

Humor as Tool of Recovery

When I make fun of myself in a joking way not self hating way it creates a safe space for others. They know that if someone is looking at themselves with humor they are a self-reflective person and most likely won't make fun of them. It's one of the principles in this program to say "I" and not "YOU" or "WE" when sharing in a meeting, talking on the phone to fellows, or in fellowship. We practice these principles in all our affairs. We do this because in our addiction we were never at fault and we only took the inventories of others. Part of healing is looking at our own inventory and our own behavior and the best way to do that is to always say "I."



The SAA Green Book talks about humor

God surely has a sense of humor p 337 Story #7 "No Need To Figure It Out"

"I might never have surrendered had I not wanted what I saw in other SAA members: abstinence, humor, a connection to a Higher Power, real relationships, and a great deal of warmth and kindness."

Story #11 Still Growing Spiritually"

"I got a sponsor. He had something I wanted, and that was humor. He asked me to call him daily for thirty days and read three pages a day in the AA Big Book. At the end of thirty days, he told me that few had kept the commitment as I had. Slowly I was able to find a little humor inside myself."

Humor as Tool of Recovery

12 Step Jokes

Newcomer: How do I get sober in SAA? Old timer: Stop acting out.

This joke although it is true at Facevalue, it doesn't have the truth in it and it can be harmful. Why?

- If could just stop on my own I wouldn't need a 12 Step Program. What I need to do is to stop trying to stop and replace my behavior with outer circle behavior (meetings, steps, calling my sponsor, prayer, meditation, exercise, reading recovery literature, service, laughter).

How many sex addicts does it take to screw in a lightbulb?

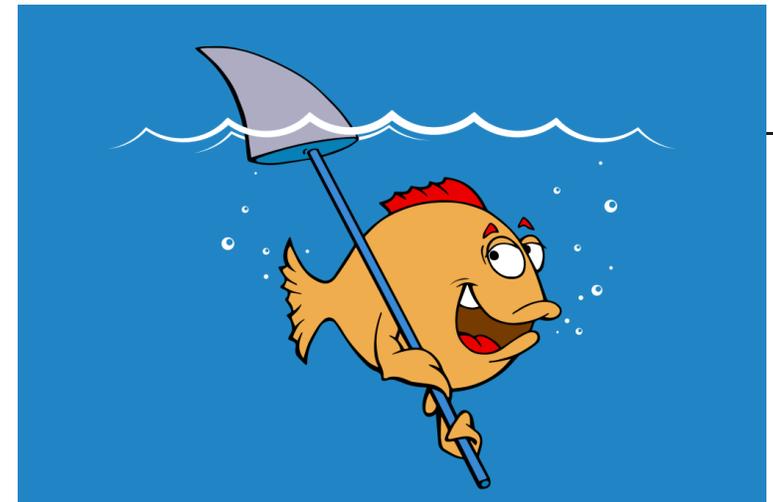
ONE! We just hold up the bulb and expect the world to revolve around us.

Other 12 Step Jokes

They have clutterer's anonymous but if you go there, be warned its not a very organized program.

If you stopped going to Narcotics Anonymous, also known as N.A. after attending for a while and someone asks you, are you still going to N.A.m you can say NA!

I have been wanting to go to Latecomers/Procrastinators Anonymous but I haven't gotten around to it yet! (This is a real fellowship, no joke.)



One of the old AA jokes from back in the day. The humor is very 1950's.

Newcomer: How does AA work?

Old Timer: Very well thank you!

Why did the accountant do so well in AA? He was already a friend of bills.

Humor as Tool of Recovery



Humor Slogans

The person who sponsors himself
has an idiot for a sponsor
(This humor is a little harsh)

A short recovery skit

(who wants to read a part?)

Rigorous honesty is a principle of recovery.

Only other fellow addicts can understand each other

and laugh together at the genius of an addict who lies in his addiction.

Narrator: Johnny B. who was a year or so away from joining his first 12 step fellowship for alcoholism was pulled over for drunk driving by a policeman.

Humor as Tool of Recovery



Police man: Sir, I smell alcohol on your breath. Have you been drinking today?”

Johnny B: Well, officer, you’d be drinking too if you’d just killed your wife.

Police man: WHAT!?! Are you confessing to murder?

Johnny B: The handgun is hidden under the seat. In the glove box, I stashed the heroin and a syringe I used to knock her out. Her body, bless her soul, is wrapped in a sheet in the trunk of the car.

Narrator: The officer, stunned, handcuffs Johnny B. and calls for his police Chief. The chief arrives, takes the car keys and opens the trunk.

Police Chief: There’s no body in the trunk! I thought you said there was a homicide and the body was in the trunk?

Narrator: The sergeant then looks in the glove box and under the seat.

Police Chief: There isn’t any heroin or syringe in the glove box and there’s no gun under the seat either Officer!

Narrator: The Police Chief angry at his officer for making him come out in the middle of the night to a supposed crime scene turns to Johnny B. for an explanation.

Police Chief: What’s the deal Johnny?

Johnny B: Gee, I bet he said I was drinking and driving too!



Time for Shares !