

LAUGHTER FILTER EXERCISE – ref Owen Fitzpatrick

Take an everyday problem that you have.

Write it down and explore the laughter filter by exploring the following:

Examine the way it's written literally to see if any fun can be poked at it.

How would a stand-up comedian describe that problem in a sketch?

How might a comedian exaggerate it or elements of it?

How might a comedian look at it from a completely different point of view?

(e.g. through the eyes of an animal or alien)

How would comedians mimic themselves or people dealing with this problem?

Prepare a stand-up sketch on the problem, having answered the above questions, and revise it over and over again to get better at changing how you feel.