



Put In Your 2¢ Worth...
**About 2¢ a drink yields \$44 million annually
to reduce the impact of
alcohol problems in Missouri.**

Question:

Why does “Happy Hour” seem like such an unhappy time for so many people?

Answer:

Maybe because drinking has become a way to deal with the world, its problems, and one’s own problems. It may be unhappy because alcohol intoxication has become the only way to experience humor.

MISSOURI ALCOHOL IMPACT FACT #59

- Dr. Christian Hageseth has been presenting workshops on the use of humor for more than 20 years. He makes valuable distinctions between “positive humor” and “negative humor.” He writes: “The response is the same everywhere:
 - 90% believe humor is an essential ingredient in their mental health.
 - 90% believe humor is important to maintain physical health.
 - Less than 2% remember and tell jokes well, while over 90% believe they have a reasonably good sense of humor.
 - 95% want an improved sense of humor.
 - 100% wish their spouses or co-workers would improve their senses of humor.”
- “There is an ancient relationship between alcohol and humor. Throughout history it has been used not just to relax or forget troubles, but as a primary means to access humor.... There are people who never laugh unless they drink. Hence one of the primary attractions to alcohol abuse is the desire to experience laughter. If you fail to appreciate humor while sober, you may turn to alcohol to loosen up and laugh.”
- “Alcoholism is a disease. About ten percent of our society suffers from it. Part of its treatment requires that you not drink alcohol any more. But that does not mean that you don’t laugh any more. Treatment must include ways to help people re-experience humor while sober. Sobriety does not need to be dull. It can—and should—be fun, lighthearted, and even crazy.”
- “During the later stages of the disease process, humor disappears completely—whether drunk or sober. A mark of recovery occurs when people regain their spontaneous ability to laugh ... Ask yourself whether you laugh easily when you haven’t been drinking. If you almost never laugh unless you have been drinking, you may be alcoholic. If so, talk to a close friend about it. Or talk to your physician or call AA—its number is in your nearest phone book.”

Christian Hageseth III, MD, [A Laughing Place: The Art and Psychology of Positive Humor in Love and Adversity](#) (Fort Collins, 2004):

http://www.physiciansupport.net/laughing_place/the_book.pdf.

**For more information call one of the
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