

Love of Laughter Comedy Club



Toastmasters International



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Self-Deprecation

Self-deprecating humor may be the single most important techniques a public speaker can use. It's an instant way to establish a rapport with an audience, a way for someone powerful-and if you are at the lectern, you are automatically perceived as powerful-to let everyone know that you don't take yourself too seriously. The ability to make fun of yourself is a way to open up to the audience and let them into your space and a world that you control. The key is to put yourself down, rather than someone else; as it makes you seem more human and gets people on your side.

Rather than starting off with each speech bragging about yourself or lecturing to the audience, start off each speech with a few jokes as it will connect with the people within the room and it shows if the speaker can laugh at himself; and if you can laugh at yourself, people can laugh with you.

One of the best and safest forms of humor is self-deprecation. If YOU are the target of your joke, it shows the audience that you have a sense of humor and can laugh at yourself.

How do you poke fun at yourself? Look for things about you which stand out: Are you a big person, a short person, a person with an accent? Do you use a wheel chair? Do you wear glasses? Are you bald? Are you a high energy person? Do you speak slowly? Anything that stands out, which is unique or special about you, is a possible target for self-deprecation.

This type of humor is especially good as an opening line. It immediately shows the audience that you don't take yourself too seriously. And the fact that you can poke fun at yourself gives you PERMISSION to do jokes which make other people the target. Self-deprecation is an especially good tool for opening your comments during a roast.

How do I use self-deprecation? First of all, I'm not afraid to poke fun at myself. I'll say almost any off-the-wall thing about myself, as long as it's in good taste.

The audience delights in laughing at the plights of others. The trick is to get the audience to like you, otherwise, they'll have no sympathy and will be happy to see you get what you deserve.

All humor should have a target and the safest target is you. Self-deprecating humor puts the audience at ease and avoids belittling or alienating others.

You avoid offending someone. Let's face it: people have become WAY too sensitive. It's almost hard NOT to offend someone! Political cartoonist Paul Rigby said it best: "Everyone is on edge. I think that's a fault in the human species these days. We are all very scared of critical analysis

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Jokes: The other day, I went to work with both ears bandaged. My boss asked what happened.

"I was ironing a shirt when the phone rang and I accidentally answered the iron instead of the phone!"

"That explains one ear," said my confused boss. "But what about the other?"

"The person called back!"

Joke: I would never want to belong to a country club that would have me as a member.

YOUR HOMEWORK ASSIGNMENT

Think about something you are well known for.

Make up two jokes about yourself that reference that fact.

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