



We all love to laugh. As they say, laughter is life's best medicine. But there's one type of laughter that can actually be quite hurtful, and that's when we laugh AT SOMEONE or something they do.

We can't always help what we find funny, but it's important not to get our laughs at the expense of others. We may find it funny when someone trips and falls or does something embarrassing. But what we think is funny may hurt the other person's feelings. What we see as funny they might feel as shameful and embarrassing; almost as if you were calling them names.

There's a pretty easy way to tell if your humor is hurting someone else: If you look over and they look like they've just seen a ghost or don't look like they're having any fun at all, then we should probably stop laughing and apologize. We should tell them we're not laughing at them, just the silly things that happen in life, and that we didn't mean to hurt their feelings. On the other hand, if you look over at them and they're laughing and think it's funny too, then go ahead and laugh until your belly explodes.

Just remember what it feels like to be laughed at, and treat others with the same compassion that you would want yourself. And if by chance you ever find yourself in this position, with someone chuckling about something *you've* done, try to remember that it's nothing personal; they're not so much laughing at you as they are laughing about the silly things that WE ALL DO at times, and do your best to have a sense of humor.