



A FREE PDF

from Steven David Lampley
Stand Up Comedian

What Your Laugh Says About You

Are You a Snorter? Are You a Cackler? Are
You a Wheezer? Or Are You a...

WHAT YOUR LAUGH SAYS ABOUT YOU

The Totally Unscientific, 100% Accurate Guide to Snorts, Cackles, Wheezes, and Silent Shakes

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INTRODUCTION: You Can't Fake Your Laugh (Well, You Can Try)

Your laugh is like your fingerprint. You didn't choose it. You didn't practice it. One day it just came out, and now you're stuck with it.

Psychologists say your laugh reveals more about your personality than your zodiac sign, your handshake, and what you order at Cracker Barrel combined.

In this guide, we're going to diagnose, totally unscientifically (of course,) you. Find your laugh below. And then forward this to the person you immediately thought of.

1. THE SNORTER

The Sound: HA! — snnrk — HA HA! snnrk

What People Think: That you are having a medical emergency. Then they start laughing at your laugh.

What It Actually Says: You are a genuinely happy person who tried to hold it in as a kid and failed. You laugh with your whole body. You are also terrible at keeping secrets because you snort when you lie.

Strength: Your laugh makes OTHER people laugh. You are contagious in a good way.

Famous Snorters: Everyone's favorite aunt.

2. THE SILENT SHAKER

The Sound: No sound. Shoulders shaking. Face red. Tears forming. Mouth open. No noise coming out.

What People Think: "Are you okay? Do you need water?"

What It Actually Says: You find things 10x funnier than everyone else, but you were told to be quiet in church too many times. You have incredible self-control that completely fails when something is truly funny.

Strength: You can laugh in a library, a courtroom, and a church meeting without getting kicked out.

3. THE CACKLER

The Sound: AH-HA-HA-HA-HA! Loud, rhythmic, from the back of the theater.

What People Think: "Oh, she's here."

What It Actually Says: You are confident. You are not embarrassed about anything. You laugh the way you live — big, loud, and you don't care who hears.

Strength: People always know where you are in a crowd. That's a leadership skill.

4. THE WHEEZER

The Sound: Heh... heh... wheeze... heh... can't breathe...

What People Think: Call 911.

What It Actually Says: You have seen some things. Your laugh has miles on it. You are the person who has heard every joke but still laughs because you love making the teller feel good. You are kind.

Strength: You make comedians feel like geniuses.

5. THE DELAYED LAUGH

The Sound: [Joke happens] [3 seconds] ... "HA! Wait — I get it!"

What People Think: Slow processor.

What It Actually Says: You are actually the smartest person in the room. Your brain doesn't do cheap laughs. It checks the joke for quality. When you laugh, it's real.

Strength: Your laugh is honest. That's rare.

6. THE HONKER

The Sound: HONK! Like a goose who just heard a dad joke.

What People Think: Did that come from you?

What It Actually Says: You are 100% original and you have accepted it. You tried to have a normal laugh in high school. It didn't take. Now you own it.

Strength: Unforgettable. People remember you.

7. THE TEA KETTLE

The Sound: Hee hee hee hee hee! High-pitched, gets higher as you go.

What People Think: Adorable.

What It Actually Says: You are joyful. You are the person who laughs at cartoons, at puns, at your own jokes before you finish them.

Strength: You make the world less serious.

8. THE CONTAGIOUS LAUGH

The Sound: You start. Then everyone within 20 feet starts. No one knows why anymore.

What People Think: "I don't even know what we're laughing at but I can't stop."

What It Actually Says: You are a leader. Not the bossy kind. The good kind. People want to be around you. Your laugh gives other people permission to laugh. That's a gift.

Fun Fact: Studies show laughter is 30 times more likely to happen around other people than when you're alone. If you're the contagious one, you're the reason people come to Thanksgiving.

FINAL TEST: Which One Are You? (Be Honest)

Read this joke out loud, then listen to yourself:

"I told my wife I wanted to be a comedian. She laughed. I said, 'I'm serious.' She said, 'You said you wanted to be a comedian, not a good one.'"

Did you snort? Wheeze? Cackle? Go silent and shake?

Whatever you did, that's your real laugh. That's the one your family knows. That's the one your grandkids will imitate when they tell stories about you.

Don't try to change it. The world has enough fake laughs. It needs YOURS.

Now do me a favor, send this PDF to the person whose laugh you can hear in your head right now. You know exactly who it is.

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