



**LAUGHTER  
IS A MUST IN  
MARRIAGE**

**UK** Cooperative  
Extension Service

# Program Evaluation

**Name at least two benefits of laughter (short- or long-term benefits).**

---

---

---

**Identify at least two causes that decrease laughter in relationships.**

---

---

---

**What are two ways you plan to increase laughter in your relationship?**

1. 

---

---

2. 

---

---

**As a result of this program, were you able to identify any barriers that you and your spouse face in terms of building opportunities for laughter in your marriage or relationship?**

---

---

---

---

---

---

**Additional comments**

---

---

---

---

---

---

**Thank you very much for your time!**

Copyright © 2025 for materials developed by University of Kentucky Cooperative Extension. This publication may be reproduced in portions or its entirety for educational or nonprofit purposes only. Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.