

21+ ADULT STAND-UP

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Colors of My Pain

100 Stand-Up Jokes

Setup · Punchline · Knockout — sourced from Jesse Salas memoir & Four Colors framework. Copy-paste ready for club, open mic, or BOMBED sets.

Jesse Salas · FourColorQuiz.com · Generated 2026-06-22

Candy Kid / Childhood (11)

#1 · pain_001

SETUP

I was a Candy Kid — sweet so nobody got mad.

PUNCHLINE

I wasn't quiet because I had nothing to say. Honesty came with a service fee.

KNOCKOUT

Now I'm fifty doing stand-up. Same skill. Different candy. Still reading the room before I speak.

#2 · pain_002

SETUP

Candy Kids don't chase love. We accommodate it.

PUNCHLINE

We bend until we fit your mood, your schedule, and your emotional Wi-Fi password.

KNOCKOUT

Then we wonder why intimacy feels like customer support with worse hold music.

#3 · pain_003

SETUP

My childhood motto was "What keeps the peace?"

PUNCHLINE

Not "What do I need?" — that question got you written up like a bad employee.

KNOCKOUT

I grew up fluent in silence. Comedy is silence with a two-drink minimum.

#4 · pain_004

SETUP

I learned to read rooms before I learned to read books.

PUNCHLINE

By third grade I could tell if dinner was love or litigation.

KNOCKOUT

That's not intuition. That's a kid doing threat assessment between math and recess.

#5 · pain_005

SETUP

Being the good kid sounds cute until you're forty apologizing for boundaries.

PUNCHLINE

"Sorry I'm tired." "Sorry I said no." "Sorry my back hurts from carrying your feelings."

KNOCKOUT

Niceness is expensive. I paid in installments. With interest. No refund policy.

#6 · pain_006

SETUP

Candy Kids get praised for helpful and punished for real.

PUNCHLINE

| We become adults who are liked, admired, and completely unknown.

KNOCKOUT

| **My dating profile should say: emotionally available, spiritually renovated, structurally unsound.**

#7 · pain_007

SETUP

I thought love had to be earned like a bonus at work.

PUNCHLINE

| Be useful. Be agreeable. Be quiet. Maybe then somebody stays.

KNOCKOUT

| **Unconditional love can't be earned — but conditional love builds great comics and terrible marriages.**

#8 · pain_008

SETUP

The Candy Kid finally gets angry and everybody acts betrayed.

PUNCHLINE

| "Who gave you a personality? We liked the appetizer version of you."

KNOCKOUT

| **My anger didn't arrive loud. It arrived late — with receipts and a PowerPoint.**

#9 · pain_009

SETUP

I wasn't manipulative. I was adaptive.

PUNCHLINE

| Manipulation is on purpose. Adaptation is a kid trying not to get emotionally evicted.

KNOCKOUT

| **Now I charge strangers to watch me explain that. Growth is weird.**

#10 · pain_010

SETUP

Some kids play sports. I played "Don't Make It Worse."

PUNCHLINE

| All-state in emotional dodgeball. Never got hit. Never got seen.

KNOCKOUT

| **That's why I do crowd work — still trying to win a game that ended in 1987.**

#88 · pain_088

SETUP

Love had to be earned in my house.

PUNCHLINE

| Good behavior equaled safety. Real feelings equaled risk.

KNOCKOUT

| **Adult me still flinches when somebody says "we need to talk."**

Family & Survival (16)

#11 · pain_011

SETUP

My grandfather was the most handsome man in Sacramento.

PUNCHLINE

| Shined shoes, perfect cologne, dressed for a barstool — not for us.

KNOCKOUT

| **Handsome enough to leave a mark. Present enough to leave a scar.**

#12 · pain_012

SETUP

Some families teach you how to love. Mine taught me how to survive.

PUNCHLINE

| Love was there — behind a locked door labeled "after bills, after moods, after beer."

KNOCKOUT

| **I wrote a whole book about it. Therapy wanted co-pay. The book wanted honesty.**

#13 · pain_013

SETUP

Thanksgiving at my house is a hostage video where the hostages cooked.

PUNCHLINE

| We smile, pass gravy, and debate who looks most tired like it's a competition.

KNOCKOUT

| **Winner gets pie. Loser gets asked when they're having kids.**

#14 · pain_014

SETUP

My family group chat is where love goes to get audited.

PUNCHLINE

| Prayer chain, screenshot, regret — all before lunch.

KNOCKOUT

| **I muted it in 2019. Healthiest boundary in Salas history.**

#15 · pain_015

SETUP

We didn't talk about feelings. We talked around them with furniture.

PUNCHLINE

| "Sit down." "Eat." "Don't start." That was our emotional vocabulary.

KNOCKOUT

| **I turned that into a framework. Red, Blue, Green, Yellow — and one couch nobody sits on.**

#16 · pain_016

SETUP

In my house, chaos had cologne. Quiet had chores.

PUNCHLINE

| Guess which one I tried to become.

KNOCKOUT

| **I picked quiet. Funny at funerals. Useless at asking for help.**

#17 · pain_017

SETUP

My dad believed in cash discounts and the microwave ruining America.

PUNCHLINE

| Two religions. Zero therapy. Maximum opinions.

KNOCKOUT

| **I inherited the opinions. I outsourced healing to strangers who paid cover.**

#18 · pain_018

SETUP

Family taught me conflict is explosion or silence.

PUNCHLINE

| No middle setting. No "let's talk." Just weather.

KNOCKOUT

| **I married weather twice. Divorced climate change both times.**

#19 · pain_019

SETUP

Affection in my house felt like a limited-time offer.

PUNCHLINE

| "Be good." "Be helpful." "Be invisible." Then maybe a hug with terms.

KNOCKOUT

| **Adult me still reads expiration dates on compliments.**

#20 · pain_020

SETUP

We passed pain forward like a family heirloom.

PUNCHLINE

| Not on purpose. Nobody knew how to put it down.

KNOCKOUT

| **Colors of My Pain exists so the inheritance stops with me — and starts making money.**

#21 · pain_021

SETUP

My mom calls twice a week to report deaths I didn't know were alive.

PUNCHLINE

| Then gets mad I'm not grieving with enough detail.

KNOCKOUT

| **I'm not cold. I'm behind on the obituary DLC.**

#22 · pain_022

SETUP

My brother sells crystals. Says they heal.

PUNCHLINE

| They haven't healed his car, his rent, or the 11pm group chat pitch.

KNOCKOUT

| **The only rock that fixed me was bottom — not rose quartz.**

#23 · pain_023

SETUP

My uncle's been "starting a business" since the Bush administration.

PUNCHLINE

| LLC stands for "Lying Like Consistently."

KNOCKOUT

| **He's incorporated. I'm incarcerated by comedy debt.**

#24 · pain_024

SETUP

Courtroom days taught me more than any seminar.

PUNCHLINE

| Leadership books don't cover thinking "How did charm become a weapon?"

KNOCKOUT

| **Four Colors wasn't born in a classroom. It was born in survival with paperwork.**

#25 · pain_025

SETUP

Rehab, rocket, explosion — sounds like a Vegas residency.

PUNCHLINE

| It was my twenties with worse lighting and no comp drinks.

KNOCKOUT

| **I didn't become Red overnight. Nice stopped keeping me safe.**

#87 · pain_087

SETUP

My grandfather dressed for strangers, not for us.

PUNCHLINE

| Most handsome man in Sacramento — for a barstool that forgot his name by last call.

KNOCKOUT

| **I inherited the charm. I'm still learning the presence.**

Four Colors Framework (20)

#26 · pain_026

SETUP

I created Four Colors because "he's complicated" wasn't helping anybody.

PUNCHLINE

| Red Protector. Green Thinker. Blue Chameleon. Yellow Hugger.

KNOCKOUT

| **Not astrology for men with tool belts. A language for pain that never got named.**

#27 · pain_027

SETUP

People think Red means angry. Red means protective.

PUNCHLINE

| Angry is what happens when protection has no off switch.

KNOCKOUT

| **I'm Red enough to lead. Red enough to ruin Thanksgiving. Balance is a subscription.**

#28 · pain_028

SETUP

Green doesn't mean cold. Green means careful.

PUNCHLINE

They love you — they just need a spreadsheet and a cooling-off period.

KNOCKOUT

Dating a Green is foreplay plus footnotes. The orgasm is accuracy.

#29 · pain_029

SETUP

Blue Chameleon doesn't mean fake. It means adaptive.

PUNCHLINE

They match your energy so fast you think you met your soulmate.

KNOCKOUT

Blue is charming. Blue is also three texts, two moods, and one situation you can't explain to your mom.

#30 · pain_030

SETUP

Yellow Hugger isn't weak. Yellow is the emotional first responder.

PUNCHLINE

They'll feed you, pray for you, and remember your aunt's surgery date.

KNOCKOUT

Date a Yellow and feel loved. Marry a Yellow and forget you had hobbies.

#31 · pain_031

SETUP

Every color has a full heart. They just invoice differently.

PUNCHLINE

Red pays in loyalty. Green pays in logic. Blue pays in attention. Yellow pays in casseroles.

KNOCKOUT

Pick wrong and you're not in love — you're in a billing dispute with chemistry.

#32 · pain_032

SETUP

I can read your color in four minutes.

PUNCHLINE

Red orders for the table. Green asks follow-ups. Blue mirrors your laugh. Yellow asks if you ate.

KNOCKOUT

Comedy, therapy, and a quiz — same skill set, different cover charge.

#33 · pain_033

SETUP

Jealousy isn't one emotion. It's four colors in the same mask.

PUNCHLINE

Red fights. Green investigates. Blue performs hurt. Yellow guilt-trips with kindness.

KNOCKOUT

My ex was a seasonal collection. I dated the whole palette and returned everything damaged.

#34 · pain_034

SETUP

The book isn't revenge. It's receipts with chapter numbers.

PUNCHLINE

| Revenge is a tweet. Healing is 39 chapters and a PayPal link.

KNOCKOUT

| **Support colorsofmypain.com — or watch me turn your relationship into a bit with merch.**

#35 · pain_035

SETUP

Four Colors isn't a personality test. It's a language.

PUNCHLINE

| Name the pattern, work with it — or run it until you're fifty and tired.

KNOCKOUT

| **I named mine. Now strangers pay cover to hear the translation.**

#66 · pain_066

SETUP

How each color fights: Red argues. Green audits. Blue pivots. Yellow cries and feeds you.

PUNCHLINE

| You can't win a fight with four weapons aimed at your childhood.

KNOCKOUT

| **I learned to de-escalate by becoming the court reporter.**

#67 · pain_067

SETUP

What Red needs when hurt: respect, not lectures.

PUNCHLINE

| What I gave: sarcasm and a bit that killed in Sacramento.

KNOCKOUT

| **She wanted repair. I wanted applause. We both lost. I got material.**

#68 · pain_068

SETUP

What Green needs when hurt: clarity.

PUNCHLINE

| What I gave: "I'm fine" — the lie that built Western civilization.

KNOCKOUT

| **Green didn't want drama. Green wanted truth. I brought comedy timing instead.**

#69 · pain_069

SETUP

What Blue needs when hurt: reassurance without performance.

PUNCHLINE

| I performed harder. Blue mirrored it. We staged a breakup with lighting.

KNOCKOUT

| **Beautiful scene. No sequel. Great special though.**

#70 · pain_070

SETUP

What Yellow needs when hurt: presence.

PUNCHLINE

I sent a text and a meme. Yellow made soup for my absence.

KNOCKOUT

I wasn't ready for real love. I was ready for content.

#78 · pain_078

SETUP

The daily work of your color is boring.

PUNCHLINE

Red: pause. Green: connect. Blue: ground. Yellow: boundary.

KNOCKOUT

Boring saves marriages. Exciting builds specials. I picked both. Lost both. Won bits.

#91 · pain_091

SETUP

Red jealousy is homeland security.

PUNCHLINE

Your phone isn't private. Your ex isn't history. Your barber isn't neutral.

KNOCKOUT

Date Red if you want passion. Survive Red if you want a podcast.

#92 · pain_092

SETUP

Green after a fight: "Let's revisit the timeline."

PUNCHLINE

I wanted makeup sex. They wanted a Gantt chart.

KNOCKOUT

Green doesn't hold grudges. Green archives them.

#93 · pain_093

SETUP

Blue texts three tones before breakfast.

PUNCHLINE

Flirty. Deep. Meme. Then "you good?" — Swiss Army knife attachment issues.

KNOCKOUT

Blue isn't lying. Blue runs four operating systems on one heart.

#94 · pain_094

SETUP

Yellow after sex: "Did you eat today?"

PUNCHLINE

I didn't. Now I feel seen and judged by oatmeal energy.

KNOCKOUT

Yellow sex is warm. Yellow morning is accountability with pancakes.

Dating by Color (17)

#36 · pain_036

SETUP

Dating a Red Protector is intense.

PUNCHLINE

| They don't flirt. They recruit.

KNOCKOUT

| **By date three you're not boyfriend material — you're personnel.**

#37 · pain_037

SETUP

Red on a first date: "Where is this going?"

PUNCHLINE

| Bro, we're still deciding if the appetizer was a mistake.

KNOCKOUT

| **Red doesn't do casual. Red does contracts with eye contact.**

#38 · pain_038

SETUP

Green Thinker love language is evidence.

PUNCHLINE

| "I hear you." Translation: "Submit your feelings in writing by Friday."

KNOCKOUT

| **Foreplay with a Green is a TED Talk with better lighting.**

#39 · pain_039

SETUP

Blue Chameleon on date one is perfect.

PUNCHLINE

| Same taste in music, food, politics, and trauma — suspicious.

KNOCKOUT

| **Date two you realize you fell in love with a mirror that charges emotional rent.**

#40 · pain_040

SETUP

Yellow Hugger brings snacks to the first date.

PUNCHLINE

| That's not cute. That's a warning label: "I will mother you and mean it."

KNOCKOUT

| **Yellow doesn't seduce. Yellow nourishes — then asks why you're malnourished everywhere else.**

#41 · pain_041

SETUP

I dated every color like a Costco sampler.

PUNCHLINE

| Red fought. Green analyzed. Blue adapted. Yellow fed me and cried when I left.

KNOCKOUT

| **I didn't have a type. I had unfinished homework in four fonts.**

#42 · pain_042

SETUP

Attraction isn't luck. It's pattern recognition.

PUNCHLINE

| You don't fall for strangers. You fall for familiar damage with a new haircut.

KNOCKOUT

| **My type was "woman who feels like childhood but with Wi-Fi."**

#43 · pain_043

SETUP

"No hookups" in her bio.

PUNCHLINE

| We didn't hook up. She emotionally renovated me and left the walls open.

KNOCKOUT

| **That's not dating. That's HGTV with abandonment issues.**

#44 · pain_044

SETUP

Dating after 40 is comparing back pain like chemistry.

PUNCHLINE

| "You take melatonin?" "I take melatonin." Love.

KNOCKOUT

| **Foreplay is now "can you reach that shelf without making that noise?"**

#45 · pain_045

SETUP

First dates feel like job interviews.

PUNCHLINE

| Position: boyfriend. Pay: anxiety. HR: her group chat with screenshots.

KNOCKOUT

| **I didn't get the job. I got constructive criticism and a podcast recommendation.**

#55 · pain_055

SETUP

Foreplay now means "Did you eat, sleep, hydrate, and forgive Tyler from 2019?"

PUNCHLINE

| I forgot Tyler. She didn't. Tyler's immortal.

KNOCKOUT

| **Tyler's the villain in every bedroom in America.**

#57 · pain_057

SETUP

She asked what I was into. I said honesty.

PUNCHLINE

| She said, "So nothing physical and somehow still exhausting?"

KNOCKOUT

| **Honesty is my kink. Consent is my safe word. Receipts are my aftercare.**

#63 · pain_063

SETUP

Dating after 30: everybody has a kid, a lawsuit, or a healing podcast recorded like evidence.

PUNCHLINE

| "I'm spiritual" means "I weaponize incense and boundaries."

KNOCKOUT

| **I brought jokes. They brought transcripts.**

#77 · pain_077

SETUP

Choosing better, not harder, sounds like a mug.

PUNCHLINE

| I chose harder until my back and bank account filed a joint complaint.

KNOCKOUT

| **Now I choose better — recognizable but not identical.**

#83 · pain_083

SETUP

Dating me is a four-color adventure park.

PUNCHLINE

| Red on Monday. Green on Wednesday. Blue on Friday. Yellow feeds you Sunday.

KNOCKOUT

| **Ticket price: patience. Ride status: frequently closed for maintenance.**

#89 · pain_089

SETUP

She said she wanted a man who could lead.

PUNCHLINE

| I led — straight into the same argument her ex started in 2019.

KNOCKOUT

| **Familiar isn't fate. It's a rerun with better lighting.**

#90 · pain_090

SETUP

Dating apps are trauma speed-dating.

PUNCHLINE

| Everybody's healing, hoarding, or hosting a podcast about both.

KNOCKOUT

| **Swipe right for familiarity. Swipe left for growth. Swipe up for denial.**

Vegas & Adult (7)

#46 · pain_046

SETUP

I came to Vegas divorced with seven hundred dollars.

PUNCHLINE

| That's not a fresh start. That's a casino watching a man speedrun foreclosure with confidence.

KNOCKOUT

| **Vegas didn't fix me. It gave my problems neon lighting.**

#47 · pain_047

SETUP

Vegas dating after a show is confusing.

PUNCHLINE

| She likes you, likes the jokes, or heard you still have forty bucks and a hotel key.

KNOCKOUT

| **Either way somebody gets a story — and it might be her attorney.**

#48 · pain_048

SETUP

Strip club ATMs are honest.

PUNCHLINE

| They don't say withdrawal. They say "Are you sure you hate your future?"

KNOCKOUT

| **I said yes. The machine said insufficient dignity.**

#49 · pain_049

SETUP

VIP room math: twenty minutes, three hundred dollars.

PUNCHLINE

| You leave owing yourself an apology and a therapy copay.

KNOCKOUT

| **That's not intimacy. That's a quarterly earnings call with music.**

#50 · pain_050

SETUP

A dancer gave me better advice than my therapist.

PUNCHLINE

| Same hourly rate. Better eye contact. No journaling homework.

KNOCKOUT

| **She said "Baby, you're not broken. You're just expensive emotionally." I tipped.**

#58 · pain_058

SETUP

Vegas has professional date packages now.

PUNCHLINE

| That's not romance. That's loneliness with a confirmation email.

KNOCKOUT

| **Terms say chemistry not guaranteed. At least this one has a refund policy.**

#59 · pain_059

SETUP

Walking through a Vegas hotel with a beautiful woman is humbling.

PUNCHLINE

| Men look at her, then at you like you won a raffle with bad credit.

KNOCKOUT

| **I didn't win. I leased the fantasy. Monthly. With late fees.**

Work & Hustle (5)

#51 · pain_051

SETUP

I run a cleaning business and do comedy.

PUNCHLINE

| I remove stains professionally and create them spiritually.

KNOCKOUT

| **Angie's List reviews me five stars. Comedy clubs review me like a health inspector.**

#52 · pain_052

SETUP

Customer service prepared me for hecklers.

PUNCHLINE

| Apologizing for things I didn't do to people I'd block — for money that can't afford my patience.

KNOCKOUT

| **At least hecklers don't ask to speak to the manager of my childhood.**

#61 · pain_061

SETUP

I drove Uber one night. Guy puked. Tipped a dollar.

PUNCHLINE

| I kept it. Not for money. For evidence somebody valued the trauma.

KNOCKOUT

| **Gig economy: bodily fluids and performance reviews.**

#62 · pain_062

SETUP

Door guy at a strip club. Dancers tipped me.

PUNCHLINE

| Life got weird when the naked people had a better retirement plan.

KNOCKOUT

| **I wasn't security. I was a cautionary tale with a clipboard.**

#82 · pain_082

SETUP

My love language is acts of service — I clean houses and ruin my own.

PUNCHLINE

| Very on-brand for a man who wrote Colors of My Pain.

KNOCKOUT

| **Buy the book. I need gas and validation — in that order.**

Self-Roast / Jesse (11)

#53 · pain_053

SETUP

I started comedy because therapy was \$180 an hour.

PUNCHLINE

| This club judges my divorce for free — then makes me buy two drinks.

KNOCKOUT

| **The drinks are cheaper. The crowd is meaner. The growth is public.**

#54 · pain_054

SETUP

My credit score and confidence are the same number.

PUNCHLINE

| Both get checked at dinner. Both disappoint women.

KNOCKOUT

| **Both need a co-signer named Hope — and Hope's credit is trash too.**

#56 · pain_056

SETUP

I'm so single I bought a couch with two cup holders.

PUNCHLINE

| Both mine. One coffee. One for pretending somebody stable is en route.

KNOCKOUT

| **The couch knows the truth. It's leather and judgment.**

#76 · pain_076

SETUP

My ex said I turned everything into material.

PUNCHLINE

| She wasn't wrong. She was just the chapter with the best tags.

KNOCKOUT

| **She wanted privacy. I wanted premises. We compromised on lawyers.**

#79 · pain_079

SETUP

Sacramento made me. Vegas tested me. Comedy exposed me.

PUNCHLINE

| The book connected the dots. The crowd paid to watch me connect the wounds.

KNOCKOUT

| **That's not a career arc. That's a crime scene with punchlines.**

#80 · pain_080

SETUP

I'm not afraid of dying. I'm afraid of dying before the bit lands.

PUNCHLINE

| Last words better include a tag.

KNOCKOUT

| **If I go mid-set, check the closer — I probably wrote it Tuesday.**

#81 · pain_081

SETUP

Women ask what I'm working on.

PUNCHLINE

| A book about pain, a game about bombing, and the emotional availability of a vending machine.

KNOCKOUT

| **Coins accepted. Change not guaranteed. Snacks emotional.**

#84 · pain_084

SETUP

I want love. I want freedom. I want to be funny.

PUNCHLINE

| Pick two — comedy already selected itself.

KNOCKOUT

| **Road comic prayer: "Give me someone who laughs, leaves, or loves — but not all three with screenshots."**

#85 · pain_085

SETUP

They say hurt people hurt people.

PUNCHLINE

| Hurt comedians hurt people, then ask for a follow.

KNOCKOUT

| **Follow accepted. Healing pending. Laughs immediate.**

#98 · pain_098

SETUP

I read colors without judging people — on stage I judge everything.

PUNCHLINE

| It's called artistic license. The license expired. I renewed with trauma.

KNOCKOUT

| **FourColorQuiz.com for healing. BOMBED.app for damage. Same guy. Different cover.**

#99 · pain_099

SETUP

They say you should write what you know.

PUNCHLINE

| I know conditional love, Sacramento charm, and how to mop while rehearsing a closer.

KNOCKOUT

| **Now you know too. That's either therapy or a five-dollar PDF. Both are available.**

Tech & Modern (1)

#60 · pain_060

SETUP

My phone heard one lonely Vegas night.

PUNCHLINE

| Now every ad is therapy, tequila, and women who charge by the hour.

KNOCKOUT

| **The algorithm knows my pain better than my family — and monetizes faster.**

Drinking & Chaos (2)

#64 · pain_064

SETUP

I quit drinking. Now I just have feelings.

PUNCHLINE

| It's worse. Feelings don't have last call.

KNOCKOUT

| **Sobriety taught me my personality was mostly garnish.**

#65 · pain_065

SETUP

Edibles are gambling for people who don't have twenty bucks.

PUNCHLINE

| I ate one and apologized to a houseplant for three hours.

KNOCKOUT

| **The plant forgave me. My ex didn't. Plants are Yellow energy.**

Healing & Closers (10)

#71 · pain_071

SETUP

Forgiveness isn't one color. It's four negotiations and a nap.

PUNCHLINE

| Red forgives if you respect the rules. Yellow if you show up. Green if the data improves.

KNOCKOUT

| **I forgave when the bit was tight enough to tour.**

#72 · pain_072

SETUP

The color you pass down is the one you never healed.

PUNCHLINE

| I passed down silence with good manners.

KNOCKOUT

| **My book is the stop-payment order on that inheritance.**

#73 · pain_073

SETUP

The color beneath the wound is always younger than you think.

PUNCHLINE

| Fifty on the outside. Candy Kid inside holding a plate of "I'm fine."

KNOCKOUT

| **Stand-up is the first time that kid got paid to speak.**

#74 · pain_074

SETUP

Stillness taught me more than intensity.

PUNCHLINE

| Sitting quiet felt like death to a man trained to earn air in the room.

KNOCKOUT

| **Now silence is a punchline pause — not a survival strategy.**

#75 · pain_075

SETUP

I turned pain into language. Then language into jokes. Then jokes into rent.

PUNCHLINE

| That's not healing. That's capitalism with trauma and a lighting cue.

KNOCKOUT

| **American dream: cry in the car, kill on stage, Venmo at merch.**

#86 · pain_086

SETUP

Therapy asked what my family taught me about anger.

PUNCHLINE

| I said "volume." She said "anything else?" I said "volume is a curriculum."

KNOCKOUT

| **She wrote it down. That's either progress or a diagnosis.**

#95 · pain_095

SETUP

Faith, order, internal authority — sounds like a Red TED Talk.

PUNCHLINE

| It was me trying not to blow up my life again with charm and impulse.

KNOCKOUT

| **God didn't give me peace. God gave me framework and a microphone.**

#96 · pain_096

SETUP

This set is from my book Colors of My Pain.

PUNCHLINE

| Memoir for the soul. Framework for your mess. Jokes for the bar tab.

KNOCKOUT

| **colorsofmypain.com — read free, heal cheaper than divorce, funnier than your group chat.**

#97 · pain_097

SETUP

Some families teach you how to love. Mine taught me how to survive.

PUNCHLINE

I survived long enough to name the colors, date the damage, clean toilets, and make strangers laugh.

KNOCKOUT

Take the quiz at [FourColorQuiz.com](https://www.fourcolorquiz.com). Tip your server. Stop dating your childhood with a new area code.

#100 · pain_100

SETUP

The Candy Kid in me still wants to be good.

PUNCHLINE

The comic in me wants to be honest. The Red in me wants to leave before dessert.

KNOCKOUT

I let all three on stage. The crowd picks who wins. Usually honesty, barely.