

- a Read the article, ignoring the gaps. Which type(s) of boredom do you experience?

NEWS
LIFESTYLE
MUSIC
SPORT
FILM



## The five types of boredom

**'Indifferent boredom'** is the boredom you feel while <sup>1</sup> \_\_\_\_\_ (watch) a boring TV programme, for example. It is a pleasant feeling which gives you the opportunity <sup>2</sup> \_\_\_\_\_ (zone) out after a hard day's work.

**'Calibrating boredom'** is when your mind wanders from the present situation. You have thoughts about <sup>3</sup> \_\_\_\_\_ (do) something different but not the motivation <sup>4</sup> \_\_\_\_\_ (act) on them.

**'Searching boredom'** is when you are fed up with <sup>5</sup> \_\_\_\_\_ (have) nothing to do and actively search for something <sup>6</sup> \_\_\_\_\_ (occupy) yourself. This can result in risky or illegal behaviour, but also creativity.

**'Reactant boredom'** is caused by feeling trapped in a situation. You have a desire <sup>7</sup> \_\_\_\_\_ (do) something but can't because you're stuck, e.g. in a long queue or dull lesson.

**'Apathetic boredom'** is similar to depression. This is the most worrying boredom type. You have no interest in <sup>8</sup> \_\_\_\_\_ (try) anything new and are incapable of <sup>9</sup> \_\_\_\_\_ (find) enjoyment in life.



