

5.2 Bored!

GOALS ■ Talk about emotions and behaviour ■ Other uses of *-ing* and infinitive with *to*

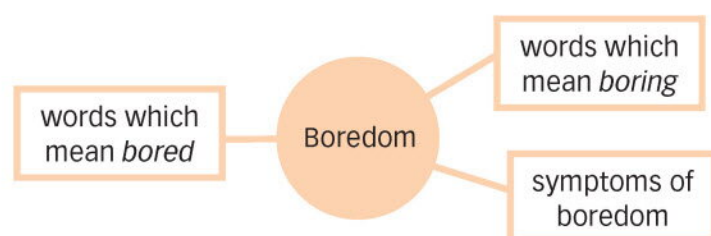
Vocabulary & Speaking emotions and behaviour

- 1 Work with a partner. Make a list of five situations that make people very bored. Rank them from most boring (5) to least boring (1).



- 2a 5.3))) Listen to and make notes on the speakers' boring experiences 1–7.
- b Compare your notes with a partner. Which of the situations have you experienced? How bored did they make you feel?
- 3 With a partner, complete the diagram with the phrases in the box.

bored to death bored with can't sit still dull
fed up with feel desperate to escape have had enough of
lose concentration repetitive tired of uninteresting
yawn your mind wanders zone out



- 4 Work in small groups and discuss the questions.
- 1 What is the most boring aspect of your job or studies?
 - 2 Which would you imagine are the most boring aspects of these jobs?
 - police detective • airline pilot • writer

Grammar & Reading other uses of *-ing* and infinitive with *to*

- 5 Read the article and match paragraphs 1–4 to headings a–e. There is one heading you do not need.
- a The dangers of feeling bored
 - b How it feels to be bored
 - c The benefits of boredom
 - d Let yourself be bored!
 - e A complicated emotion

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The fascinating topic of boredom

- 1 Boredom. We've all experienced it: that unpleasant feeling of being **trapped** in a situation we're desperate to escape from, that **desire** to fall asleep in a dull lecture or meeting, that need to get out and do something on a rainy day.
- 2 Boredom has become a fascinating topic for academics in recent years, and studies have shown it is experienced more frequently and intensely than anxiety, anger or enjoyment. They have also shown there are not one, but five types of boredom, ranging from a calm, relaxed type of boredom to a more harmful kind. Find out about the five boredom types [here](#).
- 3 But according to one major study, boredom can also be good for us: the study shows that after experiencing boredom we are keen to do meaningful things like giving blood or giving money to charity. Experts believe boredom is nature's way of telling us it's time to get up and do something. In the same way that fear has the purpose of steering us away from dangerous activity, boredom **steers** us away from useless activities. In other words, it can be a very useful emotion.
- 4 However, in today's electronic world it's rare to have nothing to do. There's always something to keep our minds **occupied**. Time waiting in a bus queue, for example, is often spent checking emails or playing games on our phones. Some people worry that nowadays we can no longer stand the thought of being bored and are no longer **capable of** doing nothing. We need to be constantly entertained. Should we instead welcome the opportunity to get bored sometimes, to let our thoughts settle and give unusual ideas a chance to form?

- 6 Match words in bold in the article in exercise 5 to definitions 1-5.
- 1 able to do something
 - 2 unable to escape
 - 3 a strong wish
 - 4 busy doing something
 - 5 moves something in a particular direction
- 7 Work with a partner. Discuss the questions.
- 1 According to the writer, why can boredom be seen as useful? Do you agree?
 - 2 Do you think we find it harder to deal with boredom than we used to? Why/Why not?
- 8 Find the words in the box in the article in exercise 5 and add them to the correct list in the Grammar focus box.

after capable keen nothing opportunity thought

GRAMMAR FOCUS other uses of *-ing* and infinitive with *to*

| <i>-ing</i> form | infinitive with <i>to</i> |
|--|---|
| <p>1 adjectives + preposition + <i>-ing</i> form, e.g. <i>fed up with, tired of</i>, 1 _____ of</p> <p><i>I'm tired of doing the same thing every day.</i></p> | <p>4 adjectives + infinitive with <i>to</i>, e.g. <i>about, desperate, easy, likely</i>, 4 _____, <i>surprised, rare, willing</i></p> <p><i>How long are you willing to wait?</i></p> |
| <p>2 nouns + preposition + <i>-ing</i> form, e.g. <i>the chance of, difficulty in, a feeling of, the idea of, the purpose of, the</i> 2 _____ of, <i>a way of</i></p> <p><i>I hate the idea of having nothing to do.</i></p> | <p>5 nouns + infinitive with <i>to</i>, e.g. <i>decision, desire, need, motivation</i>, 5 _____, <i>plan</i></p> <p><i>She made a decision to retire.</i></p> |
| <p>3 before, since, while, 3 _____ + <i>-ing</i> form.</p> <p><i>I've not been bored since changing my job.</i></p> | <p>6 anything, anyone, anywhere, 6 _____, etc. and something + infinitive with <i>to</i></p> <p><i>I need something to do.</i></p> |

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- 9a Read the article, ignoring the gaps. Which type(s) of boredom do you experience?

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The five types of boredom

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

'Calibrating boredom' is when your mind wanders from the present situation. You have thoughts about 3 _____ (do) something different but not the motivation 4 _____ (act) on them.

'Searching boredom' is when you are fed up with 5 _____ (have) nothing to do and actively search for something 6 _____ (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 7 _____ (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 8 _____ (try) anything new and are incapable of 9 _____ (find) enjoyment in life.



- b Complete the article with the correct form of the verbs in brackets.
- 10a **TASK** Work with a partner. Read the two blog article titles. What do you think the articles will say?

Do animals get bored?

Why do we yawn when we're bored?

- b Work with a partner. Student A, turn to page 128. Student B, turn to page 133.