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Boredom

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IELTS Vocabulary Boredom

Bored or boring? 🤔

This film is boring and I feel bored

**Boring** - active: describe things/people that bore you

**Bored** - passive: shows how people *are made to feel*

I was bored *by* this film / book / person

I feel bored because this film is boring

John is ___________
1. John is boring, he makes me fall asleep
2. John is bored, he is not interested in this film

**Collocations:**

To be / get / grow bored (adj.)

Boredom (n.)

To bore (v.)
What bores you?

Notice we can use a noun or a noun phrase followed by a verb to answer this question.

**Being broke** (noun phrase) bores me

**Waiting in line** (noun phrase) makes me bored

**Politicians** (n.) are boring

**Being stuck in traffic** is boring

**Living alone** is quite boring

**Being jobless** is a bore = unemployed, not having a job

Here are some other ways to answer this question.

If you are **laid off**, it’s a bore

I am bored when people don’t **get to the point**

I am bored with **household chores** = *(housework: e.g. ironing, cleaning, cooking)*

I am **fed up of spammers** and **scammers** on the Internet

I am **bored with** people who **don’t pull their weight** at work

She is **fed up of** her sister **spending ages** in the bathroom
**Related vocabulary**

To **be broke** = *to have no money*

**To lay someone off** = *to let them go, say there is no more work*

*The following three expressions all mean to be direct or say something directly*

- To get to the point
- To cut to the chase
- Don’t beat about the bush

I am **fed up** = *I am bored*

To scam = *to cheat*

To spam = *to send messages trying to sell things*

They **don’t pull their weight** = *they don’t do enough work*

**Show them the ropes** - *show how something works*

It gets **on** my nerves = *it’s annoying, irritating*

She takes ages = *takes a long time*

There’s nothing worse than ________!

There’s nothing worse than a lazy person!
How did you tackle Lockdown boredom?

*Here are some phrases you could use to answer this question*

We played board games, like Monopoly, Go and Ludo.

I learnt to cook and baked lots of cakes

I studied a lot online

I took an online course to **brush up on** my Spanish

To **brush up on** = *to improve something you are already good at*

Actually I wasn’t that bored because I was **swamped with** work, as I work online.

To **be swamped with** work = *to have a lot of work*

I **took up** knitting and knitted some jumpers

I started painting and did some lovely paintings

I **put pen to paper** and wrote some letters to some old friends

To **put pen to paper** = *to write something*

I started writing a blog

I watched too many **streamed series** on Netflix

I **honed** my **culinary** skills = *improved my cooking skills*
Do you agree it is impossible to feel bored in today’s society?

For this question, remember you can agree, but you don’t have to. Some of the common reasons for feeling bored nowadays are,

Technology - social media - streaming videos

Online learning - learn new skills (painting, a language, coding….)

Growth of health and fitness - cooking, exercising, gyms,

Here are some phrases you could use to answer this question

Too much connectivity can drain you = it makes you tired

Learning something played down the boredom = reduce (to make less important)

I am not too sure, I mean there are lots more things to do like participating in social media, but even that can become boring.

Forever scrolling on Facebook becomes boring after a while

The wealth of opportunities to learn things online means there is really no excuse for feeling bored

On the one hand, there are lots of great films and series to watch, but spending ages watching screens becomes boring after a while.
Idioms to talk about Boredom

The following expressions are used to talk about being very bored

I am bored_to death

I am bored to tears

I am bored stiff

I’m bored silly

I am bored_out_of my mind

I am fed_up

I am fed up to the back teeth

What a bore!

If something is boring, we can say

It leaves me cold
It does nothing for me
It’s dull
It’s about as exciting as watching paint dry.

It is _____

mundane
monotonous
tedious
banal
mind numbingly boring

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Keith, what do you do when you’re bored?

Well, it’s an interesting question. You know, sometimes, I might get bored with a book that’s a bit monotonous or mundane, and in that case to be honest, what I do is, I normally stop the activity, I’ll stop reading and I will just go and do some exercise. I like to go out for a little stroll, get some fresh air, and just change the environment or the atmosphere, to try and change my mindset and get focused on something different. That’s basically what I do when I am bored.

Keith, what made you bored as child?

As a child, I typically got bored at school. Unfortunately, there were one or two teachers who bored me to death because they just were so monotonous, and their voice was really monotonous and unchanging. They just were not very energetic or exciting and so as a kid, you know, I had a very low threshold of boredom, and I would easily get kind of irritated or bored by monotonous teachers.
Keith, tell us about a situation where you felt bored

I remember once, I was invited to a party and to be honest, I didn’t have a very good time and I got really bored. You know, I was bored to tears at the party.

I’ll explain why. So, this must have been about three years ago, I was living..., I had just moved to Santander and I was ..., I had lived here for maybe a few weeks and so some neighbours invited us to their..., to a party, not to their house but to a party.

It was quite challenging because I didn’t know anybody at all there at the party and I certainly sensed there were a lot of cliques (=closed groups of friends).

There were lots of groups of people, kind of in their tightly knit groups, speaking together and they weren’t very open and I found it very hard to break in and to connect with the people in those groups.

So, I spoke to one or two people but after an hour or so, you know, I was probably a little bit bored out of my mind and so I kind of decided to leave early because it was just a bit frustrating. That was a time when I got very, very bored.