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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

IELTS Speaking Sample Answers: Boredom

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.