

BORED



Use boredom as time to think.

What it's about; what it does for us...

...Feeling stuck in a dull situation; it pushes us to look to change things.

We feel this when...

...we feel we have nothing to do, or nothing on offer appeals to us, we feel trapped and lack any focus.

It makes us...

...try to change things, look for alternatives, sometimes we can become rude or aggressive.

ME FIRST
QUADRANT



ANNOYED ZONE

