

# 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

