**From Boredom Proneness (Farmer).pdf**

1. It is easy for me to concentrate on my activities
2. Frequently, when I am working, I find myself worrying about other things
3. Time always seems to be passing slowly
4. I often find myself at “loose ends”, not knowing what to do
5. I’m often trapped in situations where I have to do meaningless things.
6. Having to look at someone’s home movies or travel slides bores me tremendously
7. I have projects in mind all the time, things to do
8. I find it easy to entertain myself
9. Many things I have to do are repetitive and monotonous.
10. It takes more stimulation to get me going than most people
11. I get a kick out of most things I do
12. I am seldom excited about my work
13. In any situation I can usually find something to do or see to keep me interested
14. Much of the time I just sit around doing nothing
15. I am good at waiting patiently
16. I often find myself with nothing to do- time on my hands
17. In situations where I have to wait, such as in line or queue, I get very restless.
18. I often wake up with a new idea
19. It would be very hard for me to find a job that is exciting enough
20. I would like more challenging things to do in life.
21. I feel that I’m working below my abilities most of the time.
22. Many people would say that I am a creative or imaginative person
23. I have so many interests, I don’t have time to do everything
24. Among my friends, I am the one who keeps doing something the longest
25. Unless I am doing something exciting, even dangerous, I feel half-dead and dull
26. It takes a lot of change and variety to keep me really happy
27. It seems that the same old things are on television or the movies all the time; it’s getting old
28. When I was young, I was often in monotonous and tiresome situations

Every question needs to be answer by True or False.