

Averting Boredom to Be Useful To Yourself

Please Be Advised: The statements stated on the website and in this PDF file have not been evaluated by the Food and Drug Administration nor by the Centers for Disease Control to determine effectiveness.

This is a simple yet revealing series of probing questions that indicates how someone thinks or responds when put on the spot.

This assessment towards your development is also a means to forge tighter bonds with family and friends and also helps you to discover more about others and ways of thinking. You can be astonished (surprised) what you may hear from the other player(s). Please be advised that it is our intent to ensure you benefit from this assessment towards your development. Do not worry if the responses are different from planned. That is life.

PLAYING DIRECTIONS:

1. The following pages contain varying levels of complex and not so simple questions to ask yourself or another person or a team.
2. To gain a point you must respond to the question asked to the delight of the person asking one of the provided questions.
3. The Clinch: They must agree to your persuasive way of thinking and speaking when you answer the question and then agree that you gain credit for your answer to the question.

Begin and Enjoy:

1. Why do you not wish to do something if you believe you are bored?
2. If there are so many things to do in the course of a single day, then why do you procrastinate and complete one rather than claiming to be bored?
3. How many times do you wish to say that you have done something exciting today?
4. How many times per day do you feel that your life is boring?
5. Based on your response to question 4, what can be done about this, in your opinion?

6. What is the most appropriate method of overcoming the mindset of feeling boredom in your opinion?
7. What activity causes you to feel bored, in your opinion?
8. What, in your opinion, is the root cause of boredom other than not having something to do?
9. What, in your opinion, is boredom?
10. For those who juggle many tasks per day and must think too much to get through their routine (we understand that the to-do list is nothing these days), how can you still believe you are bored?
11. What would spruce up a boring life, which is predictable, and yet this life cannot afford to have an unexpected surprise, which disrupts the ordinary flow?
12. What overcomes boredom with a little effort in your personal life?
13. How can you help a child overcome the thought of boredom?
14. Who can you help an adult overcome their own feelings of boredom?
15. Which is better? (a) To be bored, but stable (b) to have constant change without thoughts of boredom without predictability