

Boredom

May 7, 2026

Executive Summary: Boredom is a problem that causes suffering for the care receivers and for people daily around the world, but with coping skills it is possible to drastically reduce the boredom.

- 1) Boredom is contagious.
- 2) Boredom is a recurring intrusive thought possibly linked to Obsessive Compulsive Disorder (OCD).
- 3) Using Buddhist Principles the Boredom can be heavily mitigated.

1) Boredom is contagious because when people vocalize it, it creates more thoughts in other people who would otherwise not be suffering from boredom at that moment.

"I'm bored", "This is Boring", "The day will never end", "Its only 9:24".

2) Boredom comes into peoples heads and triggers physical sensations, the more it is dealt with in a non-healthy way the more it escalates into a suffering loop of anxiety and existential angst.

3) Using the Buddhist meditation skill of noticing a thought then allowing it to drift away will make the Boredom thoughts not be as strong.

Its important to look at the clock. Avoidance of the time makes boredom worse. If the thought comes the care receiver should acknowledge the time then let any following thoughts drift away. The more times the thoughts drift away instead of being engaged with then the less they will come back.

Intrusive thoughts have a pattern

Thoughts -> Reaction latching thought -> Physical sensation of suffering.

Breaching the loop is critical.

Respectfully,

Preston Berman



**BOTH OF US
SHOULD NOT BE HERE.**