

Why Do People Get Bored?

Why do people get bored? I'm really asking. That's not rhetorical.

It cannot be lack of access to interesting ideas. The world is pregnant with wonder.

It cannot be lack of engaging activities. There's an infinite number of things to do at any given moment.

I've been bored before. Not often. I can't really understand my own boredom. How was I bored? There are so many thoughts to think, questions to ask, skills to practice, jokes to tell.

What's the fundamental fact that leads to boredom? Is it fear of newness? Laziness?

I guess if you get bored, you can spend some time on this question.