

3rd Tues

Dear IO,

The most interesting part of yesterday for me was the afternoon visit, paradoxically because I created boredom for myself from it. I have often discussed with my son B [REDACTED] whether you can really say that "you are bored by something", as if the thing boring you were really an agent, or whether the state of boredom is the result of the bored person's inner management. He maintains that a thing/event/person can bore him (passive construction) I feel that I do something to myself in the presence of the boredom-inviting whatever (reflexive)

How about you? Which of the events, visits, interviews, readings etc of the last few days has allowed you best to create boredom ^{for} yourself? Could you riffle through your mental files and bring to mind the best state of boredom you have achieved over the past couple of weeks?

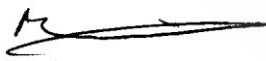
Please interrupt reading and turn to a neighbour to share your thoughts on boredom (which can be a strong area of interest for teenagers).

The above paragraphs are a "reframe" of the conventional way of thinking about boredom.

The ability to reframe, or to look at something from more than one angle, is central to living and working within a foreign culture harmoniously. What new angles have you created for yourself when looking at things Ukish, new angles different to those of previous visits to UK?

Maybe you could again share with a nearby colleague?

Goodnight,



Mario.