

Bored and Brilliant

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A discussion guide for the Simple Scrapper Book Club.

QUOTE // “As soon as I took a moment to reflect, I realized there wasn’t a single waking moment in my life that I didn’t find a way to fill—and my main accomplice was my phone.”

QUESTION // Q1. Do you fill your time to the brim or actively embrace boredom?

QUOTE // “My life wasn’t just pre-children and post-children ... it was simultaneously pre–mobile phone, post–mobile phone. Both children and smartphones shifted me to the core.”

QUESTION // Q2. How was your life different before smartphones?

QUOTE // “Creativity—no matter how you define or apply it—needs a push, and boredom, which allows new and different connections to form in our brain, is a most effective muse.”

QUESTION // Q3. Can you think of a time when your boredom led to a great idea?

QUOTE // “The mistake a lot of people make is to assume the euphoria of an idea is going to persist all the way through the countless little steps that need to happen before the idea becomes real,”

QUESTION // Q4. Have you ever lost enthusiasm for a scrapbooking project after buying supplies or getting started?

QUOTE // “All it takes is one little ping from the phone to interrupt a potentially creative, productive, and internally focused state of mind, whether we are absorbed in a craft project, listening to beautiful music, or astounded by an incredible mountain view.”

QUESTION // Q5. Do you find that your phone distracts you while scrapbooking?

QUOTE // “All photographs are memento mori. To take a photograph is to participate in another person’s (or thing’s) mortality, vulnerability, mutability. Precisely by slicing out this moment and freezing it, all photographs testify to time’s relentless melt.” —Susan Sontag

QUOTE // “The explosive proliferation of digital images is one of the most fascinating, pervasive, and least manageable aspects of contemporary life. Not only have we decided to capture a significant portion of our lives with the expectation that we can experience it all over again later on Instagram, but our obsession with snapping has also launched a massive industry devoted to photo filters, archiving, and managing our memories (and yet we still don’t know where those pictures of the trip to Miami are).”

QUESTION // Q6. How has digital photography changed your memory keeping?

QUOTE // “It’s not about creating a memory ... these photos have an underlying message, saying, “I’m thinking of you” or “Look at me” or “Isn’t this fruit salad gorgeous?” They are an invitation to conversation. Sort of.”

QUESTION // Q7. What reasons do you take photos today?

QUOTE // “Photos have always been tools of creative, artistic, and personal satisfaction,” Malik wrote. “But going forward, the real value creation will come from stitching together photos as a fabric, extracting information and then providing that cumulative information as a totally different package.”

QUESTION // Q8. This sounds like scrapbooking to me. How do you interpret it?

QUOTE // “The results were clear—people remembered fewer of the overall objects they had photographed. They also couldn’t recall as many specific visual details of the photographed art as compared to the art they had merely observed.”

QUESTION // Q9. Will knowing this fact change your behavior?

QUOTE // “If you are in the image, you become more removed from the original moment. It is as if you are an observer watching yourself doing something outside yourself. Whereas if you are not in the image, you return to the first person, reliving the experience through your own eyes.”

QUESTION // Q10. What do you think about this?

QUOTE // Here are five of seven self-assessment questions shared by the author:
<https://www.screencast.com/t/IER5cLK92>