

Worksheet: The Fear of Missing Out (FOMO) Filter

This worksheet is designed to help you recognize how FOMO influences your digital behavior, emotional state, and decision-making. By identifying moments when FOMO arises, you can better understand its impact on your mood, priorities, and ability to stay grounded in your own values and present experiences.

Step 1: Identify the Feeling

Reflect on recent moments when FOMO showed up.

Situation	What were others doing (online)?	How did it make you feel?	Did it impact your mood, choices, or time?
Friday evening at home	Friends posting at an event I wasn't invited	Left out, jealous	Spent an hour scrolling, felt low, didn't enjoy my night

Step 2: Grounding Questions

- Was this experience something I actually wanted to be part of, or just something I felt I was supposed to want?

- Did this feeling support or reduce my appreciation for what I was doing in the moment?

- What can I do to regain control when FOMO shows up? _____

Reflection:

- What helps you reconnect when comparison or FOMO starts to take hold?
