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FOMO Clinical Practice Workbook

A clinically branded, function-preserving edition retaining the original exercises, psychoeducation, checklists, logs, planning tools, and response space.

DSM-5-TR · ICD-11 CLINICAL ALIGNMENT

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How to use this workbook

- Use this workbook selectively and collaboratively; it is educational and does not replace individualized assessment, diagnosis, treatment, medical care, or crisis services.
- Skip, pause, or modify any activity that increases distress, danger, shame, or loss of functioning. Adapt language for culture, disability, neurodivergence, health, resources, and lived context.
- Ratings in this workbook are reflection tools unless a named, validated measure and interpretation are explicitly provided.

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Self-Assessment

The following are common signs you might be struggling with health anxiety. Rate each statement on a scale from 1-5 (1 being “strongly disagree” and 5 being “strongly agree”):

Statement	Rate (1-5)
1. “I feel anxious when I see my friends hanging out without me.”	1-2-3-4-5
2. “I often think other people are having more fun than I am.”	1-2-3-4-5
3. “I constantly check social media to see what everyone else is doing.”	1-2-3-4-5
4. “I feel a sense of panic if I can't be involved in a group activity.”	1-2-3-4-5
5. “I get upset if I miss out on an event or gathering.”	1-2-3-4-5
6. “I always try to keep my schedule open just in case something exciting comes up.”	1-2-3-4-5
7. “I frequently say yes to plans even if I don't really want to go.”	1-2-3-4-5
8. “I feel envious when I see photos of others enjoying themselves.”	1-2-3-4-5
9. “I often feel like I'm not doing enough compared to my peers.”	1-2-3-4-5
10. “I worry that people are talking about me when I'm not around.”	1-2-3-4-5
11. “I constantly worry about missing out on important opportunities.”	1-2-3-4-5
12. “I find it hard to focus on the present moment because I'm thinking about what else I could be doing.”	1-2-3-4-5

Statement	Rate (1-5)
13. "I feel a strong need to be liked and accepted by everyone."	1-2-3-4-5
14. "I feel dissatisfied with my life when I see others' highlight reels on social media."	1-2-3-4-5
15. "I worry about making the wrong choice and missing out on better opportunities."	1-2-3-4-5
16. "I often feel like I'm not living up to my full potential."	1-2-3-4-5
17. "I feel guilty when I take time for myself instead of being social."	1-2-3-4-5

Score: ____/175

The score reflects the severity and impact of Your FOMO.

1. What statements resonated with you more than the others?

2. Which of the identified patterns or habits from the assessment do you feel most interested in working on changing?

Identifying FOMO Triggers

1. Review the list of common triggers below and place a checkmark next to any that you relate to or add any additional triggers that may not be listed.

- ☐ Scrolling through social media feeds.
- ☐ Seeing friends' vacation photos.
- ☐ Missing out on a party or event.
- ☐ Watching others post about their achievements.
- ☐ Seeing friends' group photos without you.
- ☐ Not receiving an invitation to an event.
- ☐ Hearing colleagues talk about a fun work event.
- ☐ Seeing influencers or celebrities living glamorously.
- ☐ Missing a live concert or show.
- ☐ Hearing about others' travel plans.
- ☐ Hearing friends discuss a recent movie or book.
- ☐ Seeing others' workout routines and progress.
- ☐ Missing out on limited-time offers or sales.
- ☐ Seeing friends' engagement or wedding announcements.
- ☐ Hearing about a successful job promotion.
- ☐ Seeing friends' children achieve milestones.
- ☐ Hearing about others' weekend plans.
- ☐ Seeing friends' holiday decorations and celebrations.
- ☐ Not being included in group chats or discussions.
- ☐ Seeing others adopt new gadgets or technology.
- ☐ Seeing others' home improvement projects.
- ☐ _____
- ☐ _____
- ☐ _____

2. Reflect on the questions provided to gain insight into your FOMO triggers and how they affect you.

How often do you feel FOMO when using social media?

Which platforms trigger your FOMO the most?

Are there specific types of posts that make you feel left out?

How do you feel when you don't receive an invitation to an event?

What types of events make you feel the most FOMO?

Do you often say yes to events to avoid feeling left out?

How do you react when friends talk about activities you weren't part of?

Are there specific people whose stories make you feel FOMO?

How often do you compare your experiences to others?

Do you feel FOMO when others share their successes?

Are there particular achievements that trigger your FOMO?

How do you feel when you see others reach milestones you haven't?

The Impact of FOMO on Your Life

1. How does FOMO typically make you feel?

2. How frequently do you experience these emotions?

3. How does FOMO affect your relationships with friends and family?

4. Do you feel pressured to maintain certain social appearances due to FOMO?

5. Has FOMO ever caused conflicts in your relationships?

6. How does FOMO influence your decision-making?

7. Do you find yourself overcommitting to avoid missing out?

8. Has FOMO led you to neglect important responsibilities?

9. How does FOMO impact your spending habits?

10. Do you prioritize spending on social activities over savings?

11. Do you experience any specific mental health issues related to FOMO?

12. How does FOMO influence your view of yourself? Do you compare yourself to others frequently because of FOMO?

13. How does FOMO affect your overall satisfaction with life? Do you often feel that your life is lacking due to FOMO?

14. How does FOMO impact your ability to focus on tasks?

15. How does FOMO impact your pursuit of long-term goals? Do you find it challenging to stay committed to your goals due to FOMO?

Exploring the Root Causes of FOMO

Below is a list of some of the most common underlying causes of your FOMO (Fear of Missing Out). Reflect on the questions provided to gain a deeper understanding of why you experience FOMO.

1. Social Comparison:

How often do you compare yourself to others?

What specific aspects of others' lives do you compare to your own?

How do these comparisons make you feel?

2. Need for Social Validation:

How important is it for you to be liked and accepted by others?

Do you often seek approval from others?

How do you feel when you don't receive the validation you seek?

3. Insecurity and Self-Esteem:

Do you often feel insecure about your abilities or worth?

How does this insecurity contribute to your FOMO?

What specific insecurities do you think drive your FOMO?

4. Fear of Rejection:

How do you react to being excluded or rejected?

Does the fear of rejection influence your behavior in social situations?

How often do you worry about being left out?

5. Perfectionism:

Do you have high expectations for yourself and your life?

How does perfectionism contribute to your FOMO?

Do you feel pressured to have a perfect social life?

6. Influence of Social Media:

How much time do you spend on social media daily?

How does social media affect your perception of others' lives?

Do you believe that social media exacerbates your FOMO?

7. Lack of Fulfillment:

Do you feel fulfilled in your current life situation?

What areas of your life do you feel are lacking?

How does this lack of fulfillment drive your FOMO?

8. Impulsivity:

Do you often make impulsive decisions to join activities?

How does impulsivity relate to your FOMO?

Have you ever regretted impulsive decisions driven by FOMO?

9. Peer Pressure:

How much does peer pressure influence your actions?

Do you feel compelled to join activities because your friends are doing them?

How does peer pressure contribute to your FOMO?

Daily FOMO Log

1. Use this chart to track and reflect on your experiences of FOMO (Fear of Missing Out) each day.

FOMO Incident	Emotional Response/Rate (1-10)	Behavioral Response	Cognitive Response
<i>e.g., "Saw a friend's post about a party I wasn't invited to."</i>	<i>"I felt sad, anxious, and a bit jealous." (7)</i>	<i>"I impulsively decided to join a group chat."</i>	<i>"I kept thinking that I'm always left out."</i>

FOMO Incident	Emotional Response/Rate (1-10)	Behavioral Response	Cognitive Response

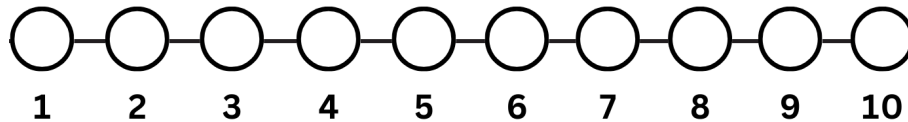
Reflecting on Missed Opportunities

1. What specific opportunity do you feel you missed out on?

Example: "I missed a friend's wedding because I had to work."

2. How did you feel when you realized you missed this opportunity?

3. How intense were these feelings on a scale of 1-10?



4. How long did these feelings last?

5. What thoughts went through your mind when you missed this opportunity?

Example: "I thought, 'I should have been there,' and 'Everyone else had a great time without me.'"

6. Did you notice any negative self-talk?

Example: "Yes, I kept telling myself that I'm not a good friend for missing the event."

7. How realistic or rational were these thoughts?

Example: "In hindsight, they were a bit exaggerated because I had a legitimate reason for not going."

8. How did missing this opportunity affect your behavior?

Example: "I avoided talking to my friend for a while because I felt guilty."

9. Did you change any plans or actions because of this missed opportunity?

Example: "I tried to overcompensate by attending every event after that."

10. How did this affect your daily routine or responsibilities?

Example: "I felt more stressed and overwhelmed by trying to be everywhere."

11. How did missing this opportunity affect your relationships?

Example: "I felt distant from my friend and worried that they were upset with me."

12. Did you seek reassurance or validation from others? If so, how did others respond to your feelings about the missed opportunity?

Example: "Yes, I asked other friends if they thought I did the right thing by working instead. Most of them were understanding and reassured me that it was okay."

13. What did you learn from this experience of missing out?

Example: "I learned that sometimes it's okay to miss an event if I have a good reason."

14. How can you apply this learning to future situations?

Example: "I can remind myself that my worth isn't defined by attending every event."

15. What positive outcomes, if any, came from this missed opportunity?

Example: "I realized the importance of balance between work and personal life."

16. How can you practice accepting that you missed this opportunity?

Example: "I can acknowledge my feelings and understand that it's part of life."

17. What steps can you take to move forward positively?

Example: "I can reach out to my friend and explain why I couldn't make it, and plan a get-together."

18. What are three things you are grateful for despite missing this opportunity?

Example: "1. My supportive friends. 2. My job that I enjoy. 3. The ability to make up for it."

19. What positive experiences did you have around the same time as the missed opportunity?

Example: "I had a productive week at work and spent quality time with family."

20. How can you show yourself kindness when reflecting on missed opportunities?

Example: "I can remind myself that everyone misses out sometimes, and it's okay."

FOMO in Social Media

1. Which social media platforms do you use most frequently?

Example: "I use Instagram and Facebook daily."

2. What types of posts or content trigger your FOMO the most?

Example: "Travel photos, party pictures, and posts about events I wasn't invited to."

3. How can you set boundaries around your social media use to reduce FOMO?

Example: "I can limit my social media usage to 30 minutes a day."

4. What specific steps can you take to make your social media experience more positive?

Example: "I can unfollow accounts that trigger my FOMO and follow those that inspire me."

5. How can you remind yourself to stay mindful when using social media?

Example: "I can set reminders on my phone to take breaks and practice deep breathing."

6. How can you engage with social media in a way that enhances your well-being?

Example: "I can comment positively on friends' posts and share uplifting content."

7. What types of content make you feel good when you see them on social media?

Example: "Posts about personal growth, educational content, and nature photography."

What criteria can you use to determine if an account is worth following?

Example: "I will follow accounts that align with my interests and values and make me feel positive."

Setting Personal Boundaries

1. What are your top priorities in life?

Example: "My top priorities are my health, my family, and my career."

2. What activities or situations make you feel drained or overwhelmed?

Example: "Constant social media use and attending too many social events."

3. What do you need to feel balanced and fulfilled?

Example: "I need time for self-care, meaningful relationships, and personal growth."

4. What specific situations trigger your FOMO the most?

Example: "Seeing friends' posts about events I wasn't invited to."

5. How do these triggers affect your thoughts and emotions?

Example: "They make me feel left out, anxious, and dissatisfied with my own life."

6. What boundaries can you set to protect your mental and emotional well-being?

Example: "I can limit my social media use to 30 minutes a day."

7. How can you communicate these boundaries to others?

Example: "I can let my friends and family know that I need some offline time to recharge."

8. What are some non-negotiable boundaries you need to enforce?

Example: "I won't check social media during meals or before bed."

9. What specific times of day will you avoid social media?

Example: "I will avoid social media in the morning before work and in the evening before bed."

10. How can you remind yourself to stick to these boundaries?

Example: "I can set reminders on my phone to take breaks and practice mindfulness."

11. How can you set boundaries around social events and invitations?

Example: "I can limit myself to one social event per weekend to avoid feeling overwhelmed."

12. What will you do if you feel pressured to attend an event you don't want to go to?

Example: "I will politely decline and suggest another time to catch up."

13. How can you prioritize your needs while maintaining social connections?

Example: "I can plan smaller, more intimate gatherings with close friends."

14. How much personal time do you need each day to feel balanced?

Example: "I need at least an hour of alone time each day for self-care."

15. What activities help you recharge and feel fulfilled?

Example: "Reading, exercising, and spending time in nature."

16. How can you protect this personal time from interruptions?

Example: "I can set specific times for these activities and let others know that I'm unavailable during these periods."

17. How can you set boundaries to maintain a healthy work-life balance?

Example: "I will avoid checking work emails after 6 PM and on weekends."

18. What steps can you take to ensure you have time for personal interests?

Example: "I can schedule regular breaks and allocate time for hobbies and relaxation."

19. How can you communicate your work boundaries to colleagues and supervisors?

Example: "I can let my team know my working hours and set expectations for response times."

20. How do you feel when your boundaries are violated?

Example: "I feel stressed, resentful, and overwhelmed."

21. What situations or people tend to violate your boundaries the most?

Example: "Work demands and certain friends who don't respect my need for personal time."

22. How can you address these violations constructively?

Example: "I can have a direct conversation with the person and reiterate my boundaries."

23. How can you consistently reinforce your boundaries?

Example: "I can regularly review my boundaries and adjust them as needed."

24. How can you stay committed to your boundaries even when it's challenging?

Example: "I can remind myself of the benefits of maintaining boundaries and the negative impact of not doing so."

Identifying Core Values

Core values are the fundamental beliefs and principles that guide your behavior and decisions.

1. Think of a time when you felt truly fulfilled. What were you doing?

2. What values were you honoring in that moment(e.g., Compassion, contribution, and kindness.)?

3. How can you incorporate these values into your daily life?

Example: "I can volunteer regularly and look for opportunities to help others."

4. What are three values that are most important to you? Why are these values important to you?

5. How does FOMO affect your ability to live according to your values?

6. What steps can you take to ensure your actions align with your values?

Example: "I can regularly reflect on my values and make decisions that honor them."

7. What are some specific goals that align with your core values?

Example: "Spend more quality time with family (Family)."

8. What action steps can you take to work towards these goals?

Example: "I can schedule family activities."

9. What activities do you engage in currently that do not align with your values?

10. How can you adjust your activities to better align with your values?

11. What questions can you ask yourself to ensure a decision honors your values?

Example: "Will this decision bring me closer to my goals?"

Practicing Acceptance

Acceptance means recognizing and embracing your current experiences and emotions without trying to change or resist them. Acceptance can help you reduce resistance to your feelings and focus on what you can control, rather than comparing yourself to others."

1. What aspects of your life do you struggle to accept?

Example: "I struggle to accept that I can't attend every social event and that my career progress is slower than some of my peers."

2. How does this non-acceptance contribute to your FOMO?

Example: "Non-acceptance makes me feel inadequate and constantly worried about missing out on important experiences."

3. What negative emotions arise from non-acceptance?

Example: "I feel anxious, frustrated, and envious."

4. Think of a time when you practiced acceptance. What was the situation?

Example: "I accepted that I couldn't go on a vacation with my friends due to work commitments."

5. How did practicing acceptance in this situation make you feel?

Example: "It made me feel more at peace and allowed me to enjoy the time I had at home."

6. How can you show yourself kindness and understanding when you experience FOMO?

Example: "I can remind myself that it's okay to feel this way and that everyone has moments of missing out."

7. What self-compassionate statements can you use to soothe yourself?

Example: "It's alright not to be everywhere at once," "I am doing my best," "My worth is not defined by my social activities."

8. How can you accept that it's impossible to experience everything?

Example: "I can remind myself that life is about quality, not quantity, and that missing out is a natural part of life."

9. What areas of your life can you let go of the need for perfection?

Example: "I can let go of the need to have a perfect social life and focus on meaningful connections instead."

10. What specific steps will you take to practice acceptance when you feel FOMO?

Example: "1. Acknowledge my feelings without judgment 2. Remind myself that it's okay to miss out 3. Focus on the positives in my current situation."

11. What will you do if you encounter setbacks in practicing acceptance?

Example: "I will remind myself that setbacks are a normal part of growth and use them as opportunities to learn and improve."

Coping with Social Comparison

1. In what situations do you find yourself comparing to others the most?

Example: "I compare myself to others when I'm on social media or at social events."

2. Who are the people you most often compare yourself to?

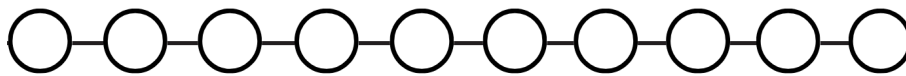
Example: "I often compare myself to friends, colleagues, and influencers."

3. What specific aspects of others' lives trigger your comparisons?

Example: "I compare their achievements, appearances, and social lives to mine."

4. How do you feel when you compare yourself to others?

5. How intense are these feelings on a scale of 1-10?


1 2 3 4 5 6 7 8 9 10

6. How long do these feelings last after a comparison?

7. What thoughts go through your mind when you compare yourself to others?

Example: "I think, 'I'm not good enough,' or 'I'll never be as successful as them.'"

8. Are these thoughts realistic or rational?

Example: "I realize they're not rational, but they still affect me deeply."

9. How can you challenge these negative thoughts?

Example: "I can remind myself of my own achievements and strengths."

10. What physical sensations do you notice when you compare yourself to others?

Example: "I feel a tightness in my chest and a knot in my stomach."

11. How can you use mindfulness to become more aware of these moments?

Example: "I can take deep breaths and ground myself in the present moment."

12. How can you shift your focus from others to yourself?

Example: "I can remind myself of my own journey and achievements."

13. What personal strengths and achievements can you focus on?

Example: "I can focus on my skills, my career progress, and my personal growth."

14. How can you celebrate your own successes more often?

Example: "I can keep a journal of my achievements and reward myself for reaching milestones."

15. How can you be kinder to yourself when you compare to others?

Example: "I can speak to myself as I would to a friend, with understanding and kindness."

16. What self-care practices can help you cultivate self-compassion?

Example: "Practicing mindfulness, engaging in hobbies, and taking time to relax."

17. How can you limit your exposure to situations that trigger comparison?

Example: "I can reduce my social media use and avoid certain conversations."

18. How can you create a healthier social environment for yourself?

Example: "I can surround myself with supportive and positive people."

19. How can you cultivate a more positive mindset about your own life?

Example: "I can focus on gratitude and practice positive affirmations."

20. What positive affirmations can you use to boost your self-esteem?

Example: "I am enough. I am proud of my progress. I am on my own unique journey."

FOMO and Self-Esteem

1. What areas of your life are most affected by low self-esteem? (e.g., social life, career, romantic relationships, etc.)

2. How does experiencing FOMO make you feel about yourself?

Example: "FOMO makes me feel like I'm not living my life to the fullest and that I'm missing out on key experiences."

3. What negative thoughts arise when you experience FOMO?

Example: "I think, 'I'm not as fun or successful as others,' and 'I should be doing more with my life.'"

4. What evidence do you have that contradicts your negative thoughts about FOMO?

Example: "I have my own achievements and happy moments that I often overlook."

5. How can you reframe these negative thoughts into positive ones?

Example: "Instead of thinking I'm missing out, I can remind myself that I'm creating my own unique experiences."

6. What positive affirmations can you use to counteract FOMO-related negative thoughts?

Example: "I am enough. I am on my own unique journey. I have valuable experiences."

7. What are your strengths and talents?

Example: "I am a good listener, I am creative, and I have a talent for writing."

8. How can you focus more on your strengths and achievements?

Example: "I can make a list of my achievements and review it regularly to remind myself of my capabilities."

9. What activities or hobbies make you feel confident and fulfilled?

Example: "Drawing, reading, and playing sports make me feel confident and fulfilled."

10. What personal goals can you set to boost your self-esteem?

Example: "I can set a goal to complete a new book every month and take a drawing class."

FOMO and Decision-Making

1. What types of decisions are most affected by FOMO?

Example: "Decisions about attending events, making purchases, and choosing activities."

2. Think of a recent decision you made because of FOMO. What was it?

Example: "I bought a new gadget because everyone else was talking about it."

3. How did you feel about that decision afterward?

Example: "I felt regret because I didn't really need it and it was expensive."

4. What would you have done differently if FOMO hadn't influenced your decision?

Example: "I would have waited to see if I really needed the gadget before buying it."

5. What are your top priorities in life?

Example: "My top priorities are my health, my relationships, and my personal growth."

6. How can you align your decisions more closely with your priorities?

Example: "I can remind myself of my priorities when making decisions and choose options that support them."

7. What specific triggers make you feel the need to make decisions based on FOMO?

Example: "Seeing friends' social media posts and hearing about exclusive events."

8. How do these triggers affect your thought process?

Example: "They make me feel anxious and pressured to act quickly."

9. How can you recognize and manage these triggers more effectively?

Example: "I can take a step back and evaluate whether the decision aligns with my values and needs."

10. When faced with a decision, what options do you typically consider?

Example: "I usually consider whether to join an event or stay home, or whether to make a purchase or save money."

11. How can you broaden your range of options to make more balanced decisions?

Example: "I can consider alternatives like spending time with family or engaging in a hobby instead of going out."

12. What criteria can you use to evaluate these options more effectively?

Example: "I can evaluate options based on how they align with my goals, values, and well-being."

13. How often do you think about the long-term consequences of your decisions?

Example: "I sometimes focus too much on the short-term benefits and neglect the long-term consequences."

14. What steps can you take to evaluate long-term implications more thoroughly?

Example: "I can write down the potential long-term outcomes of each option and weigh them carefully."

15. How can you boost your confidence in making decisions without FOMO?

Example: "I can practice making small decisions and gradually take on bigger ones, reflecting on the positive outcomes."

16. Who do you turn to for advice when making decisions?

Managing Peer Pressure

1. In what situations do you feel the most peer pressure?

Example: "I feel the most peer pressure when my friends invite me to events I don't really want to attend."

2. Who are the people that most influence you through peer pressure?

3. How do you typically react to peer pressure?

Example: "I often give in and agree to join activities even if I don't want to."

4. How does peer pressure affect your decisions and actions?

Example: "It makes me prioritize others' expectations over my own preferences."

5. How does giving in to peer pressure affect your sense of self-worth?

Example: "It lowers my self-esteem because I feel like I'm not being true to myself."

6. Think of a recent situation where you gave in to peer pressure. What was it?

7. How did you feel about your decision afterward?

8. What would you have done differently if there had been no peer pressure?

9. What boundaries can you set to protect yourself from peer pressure?

Example: "I can limit my attendance at social events and say no to activities that don't align with my values."

10. How can you communicate these boundaries to others?

Example: "I can politely explain my reasons and suggest alternative ways to spend time together."

11. How can you enforce your boundaries when they are challenged?

Example: "I can stay firm and repeat my reasons calmly, without feeling guilty."

12. How confident do you feel in your ability to resist peer pressure?

13. What can you do to boost your confidence in saying no?

14. How can you practice assertiveness in your daily life?

Example: "I can start by expressing my opinions and preferences clearly and respectfully."

FOMO and Perfectionism

Perfectionism means striving for flawlessness and setting excessively high standards for yourself.

1. What areas of your life are most affected by perfectionism?

Example: "My career, social life, and personal projects."

2. What perfectionist behaviors do you engage in?

Example: "I spend too much time on minor details, avoid tasks I fear I won't excel at, and constantly seek approval from others."

3. What negative thoughts arise from your perfectionism and contribute to FOMO?

Example: "I'm not good enough," "I need to be involved in everything to be successful," "Others are doing better than me."

4. How can you challenge these perfectionist thoughts?

5. What more balanced thoughts can you adopt to replace perfectionist thinking?

*Example: "I'm doing my best," "I don't need to be perfect to be valued,"
"Everyone has their own path and timeline."*

6. How can you be kinder to yourself when you experience FOMO and perfectionism?

*Example: "I can remind myself that everyone has limitations and that it's
okay to not be perfect."*

Handling Rejection and Disappointment

1. What recent experiences of rejection or disappointment have you faced?

Example: "I wasn't invited to a friend's party."

2. How did you feel after these experiences?

Example: "I felt sad, frustrated, and questioning my self-worth."

3. How did you react to these feelings?

Example: "I withdrew from social activities."

4. What negative thoughts arise when you experience rejection or disappointment?

Example: "I'm not good enough," "I'll never succeed," "Others are better than me."

5. How can you challenge and reframe these negative thoughts?

Example: "I can remind myself of my past successes, focus on what I can learn from the experience, and affirm my worth."

6. What positive affirmations can you use to counteract these negative thoughts?

Example: "I am capable and worthy," "This is a learning opportunity," "Everyone faces setbacks."

7. What healthy coping strategies can you use to handle rejection and disappointment?

Example: "Talking to a friend, practicing mindfulness, engaging in a favorite hobby, and exercising."

8. What past successes can you remind yourself of when facing rejection or disappointment?

Example: "Completing a challenging project, forming meaningful relationships, and achieving personal goals."

9. What lessons can you learn from your experiences of rejection and disappointment?

Example: "I can learn to handle setbacks better, understand my strengths and weaknesses, and identify areas for growth."

10. What new goals can you set for yourself after experiencing rejection or disappointment?

Example: "I can set a goal to improve my skills, try new activities, and build stronger relationships."

FOMO and Work-Life Balance

1. How would you describe your current work-life balance?

2. What are the main factors contributing to your current work-life balance?

Example: "Long work hours, constant emails, and the pressure to stay connected."

3. How does your current work-life balance affect your overall well-being?

4. What work-related situations trigger your FOMO the most?

Example: "Seeing colleagues attend networking events and receiving professional recognition."

5. How do these triggers influence your behavior and decisions at work?

6. How often do you experience work-related FOMO?

7. How does work-related FOMO affect your productivity and job satisfaction?

8. How does work-related FOMO impact your personal life and relationships?

9. How can you manage your workload more effectively to reduce FOMO?

Example: "I can prioritize tasks, delegate when possible, and avoid overcommitting."

10. What time management strategies can help you balance work and personal life?

Example: "I can use a planner to schedule work and personal activities and stick to a daily routine."

11. How can you ensure you have time for relaxation and self-care?

Example: "I can schedule breaks throughout the day and dedicate time each week to activities I enjoy."

12. What are your long-term personal and professional goals?

13. How can you ensure your daily actions align with these goals?

14. What specific steps will you take to improve your work-life balance and manage FOMO?

Example: "1. Set clear work boundaries. 2. Schedule regular personal time. 3. Practice mindfulness daily."

Mindfulness and FOMO

Mindfulness helps with FOMO by increasing awareness of our thoughts and feelings, allowing us to focus on the present moment instead of worrying about what we're missing out on.

Exercise 1: Mindful Breathing

1. Find a comfortable, quiet place to sit or lie down.
2. Close your eyes and take a few deep breaths, inhaling through your nose and exhaling through your mouth.
3. Focus on the sensation of your breath entering and leaving your body.
4. If your mind wanders, gently bring your focus back to your breathing.

Were there any specific thoughts or distractions that pulled your attention away? How did you handle them?

Exercise 2: Body Scan Meditation

1. Lie down in a comfortable position and close your eyes.
2. Starting from your toes, slowly bring your attention to each part of your body, noticing any sensations without judgment.
3. Gradually move your focus up through your legs, torso, arms, and head.
4. Take your time and breathe deeply as you move through each area.

Did you notice any areas of tension or discomfort during the body scan?

Exercise 3: Mindful Observation

1. Choose an object to observe (e.g., a plant, a piece of art, a household item).
2. Spend a few minutes closely observing the object, noting its colors, textures, shapes, and other details.
3. Engage your senses and try to notice something new about the object.

Did this exercise help you feel more present? How so?

Exercise 4: Mindful Walking

1. Go for a walk outside, focusing on the sensations of each step.
2. Pay attention to the feeling of your feet touching the ground, the rhythm of your steps, and the movement of your body.
3. Notice your surroundings, including sights, sounds, and smells.

What did you notice during your walk that you might have otherwise overlooked?

Self-Care and FOMO

1. What areas of your life need more self-care (e.g., mental health, physical health, spirituality, social connections, etc.)?

2. What activities help you relax and recharge?

3. How often do you currently engage in these activities?

4. What new self-care activities would you like to try? The following are some suggestions. Check off the ones that may be helpful or add more to the list:

- ☐ Take a long, relaxing bath.
- ☐ Read a favorite book.
- ☐ Go for a walk in nature.
- ☐ Practice deep breathing exercises.
- ☐ Write in a journal.
- ☐ Try a new hobby or craft.
- ☐ Cook a healthy meal.
- ☐ Spend time with a pet.
- ☐ Watch a movie or TV show you enjoy.

- ☐ Practice stretching exercises.
- ☐ Call or visit a friend or family member.
- ☐ Take a nap.
- ☐ Paint or draw.
- ☐ Treat yourself to a favorite snack or dessert.
- ☐ Go for a swim.
- ☐ Declutter a small area of your home.
- ☐ Practice positive affirmations.
- ☐ Try a new exercise or fitness routine.
- ☐ Spend time gardening.
- ☐ Spend time doing a puzzle or playing a game.
- ☐ Take a drive or go for a bike ride.
- ☐ Spend time in a coffee shop with a good book.
- ☐ Enjoy a quiet moment with a cup of tea or coffee.
- ☐ Listen to a podcast or audiobook.
- ☐ Take care of a small home project.
- ☐ Spend time daydreaming or visualizing positive outcomes.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

5. What barriers prevent you from practicing self-care regularly?

Example: "Lack of time, feeling guilty, and prioritizing others' needs over my own."

6. How can you overcome these barriers?

7. What social activities can you participate in without compromising your self-care?

Example: "Book clubs, exercise classes, and coffee dates with friends."

8. How can you say no to social activities that interfere with your self-care?

Example: "I can politely decline and suggest an alternative time or activity that suits my self-care routine."

Gratitude Journal

1. What are three things you are grateful for today? Why are you grateful for each of these things?

2. What positive experience did you have today?

3. How did this experience make you feel?

4. How can you create more of these positive experiences in your life?

5. Who are three people in your life you are grateful for? Why are you grateful for each of these people?

6. How can you express your gratitude to them?

7. What personal achievement are you proud of today?

8. How did this achievement make you feel?

9. How can you build on this achievement in the future?

10. What simple pleasure did you enjoy today?

11. How can you incorporate more simple pleasures into your daily life?

12. What challenge did you face today, and how did you overcome it?

13. How did overcoming this challenge make you feel?

14. What are you looking forward to tomorrow?

15. How can you ensure you make the most of this opportunity?

2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

Classification status

- DSM-5-TR: Not a DSM diagnosis · non-diagnostic popular construct
- ICD-11 CDDR: Not a CDDR diagnosis · non-diagnostic
- This workbook is non-diagnostic. A title, checklist, or completed activity never establishes a diagnosis.

Pages requiring the updated interpretation

- The audit identified source pages 1, 2, 3, 4, 5, 19, 25, 35, 38, 41, 48, 59, 64. The statements below supersede incompatible diagnostic, scoring, safety, or resource wording on those pages.

Diagnostic and differential limits

- A symptom checklist or self-rating cannot establish diagnosis. Any diagnostic discussion must address clinically significant distress/impairment, required course or duration where applicable, developmental and cultural context, substance/medication and medical causes, comorbidity, exclusions, and reasonable differentials without reproducing copyrighted criteria.

Document-specific corrections

- Describe FOMO as a contextual, functional, occupational, umbrella, or proposed construct-not a confirmed diagnosis-unless a separately recognized disorder is assessed.
- Where FOMO discusses symptoms, add the missing diagnostic frame: clinically meaningful distress/impairment, relevant course or duration, exclusions, developmental and cultural context, substance/medication or medical causes, and plausible differentials.
- Supersede diagnostic-sounding scoring on pages [1, 2, 3, 4, 5, 19, 38]: disclose whether each tool is validated or author-created, remove unsupported thresholds, and separate symptom monitoring from diagnosis.
- Revise exposure content on pages [41] to require consent, an objectively safe graded hierarchy, condition-specific response guidance, progress review, and stop/reassessment criteria; never equate flooding with effective exposure.
- Replace crisis wording on pages [2] with the current U.S. 988 call/text/chat pathway, 911 or nearest emergency department for immediate danger/medical emergency, and a direction to use verified local services outside the United States.

Measures, scoring, and permissions

- Pages [1, 2, 3, 4, 5, 19, 38] contain named, implied, or author-created screening/rating content; extracted candidate names include: Self-Assessment . These scores are not diagnostic unless the exact instrument, version, validation population, administration, and interpretation are established. Identify provenance for every item set and scoring rule. Obtain publisher permission/license when required; otherwise remove cutoffs and label it as a nonvalidated reflection checklist, or replace it with a properly licensed measure without altering its wording/scoring.

Intervention scope and contraindications

- For FOMO, exposure must be voluntary, graded, condition-specific, and conducted only in objectively safe and lawful situations. Do not prescribe flooding; screen medical limitations, trauma cues, dissociation, intoxication, and whether avoidance reflects real danger rather than phobic fear.

Crisis and current resources

- For FOMO, use: ·If there is immediate danger or a medical emergency, call 911 or go to the nearest emergency department. In the U.S., call or text 988 or use 988lifeline.org for 24/7 crisis support. Outside the U.S., use verified local emergency and crisis services.· Verify all topic-specific agencies and links at publication.

Authoritative references

- <https://www.psychiatry.org/psychiatrists/practice/dsm/updates-to-dsm/updates-to-dsm-5-tr-criteria-text>
- <https://www.psychiatry.org/getmedia/b68a5776-f88c-45c7-9535-fd219d7aa5cb/APA-DSM5TR-Update-September-2025.pdf>
- <https://icd.who.int/browse/2026-01/mms/en>

2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

- <https://www.who.int/publications/i/item/9789240077263>
- <https://www.samhsa.gov/mental-health/988>
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- <https://www.nice.org.uk/guidance>
- <https://988lifeline.org/>