OLIVIA OGIELA
Psychologist & Couple Therapist

Cultivating JOMO

The Joy of Missing Out — Patient Assessment & Therapeutic Workbook

Client Name: _____ **Date:** _____

1. UNDERSTANDING JOMO

The **Joy of Missing Out (JOMO)** is the emotionally grounded antidote to the Fear of Missing Out (FOMO). It represents the intentional acceptance of present experience, allowing you to embrace rest, authentic self-care, and meaningful connection without anxiety over missed opportunities or social obligations.

2. KEY BENEFITS OF JOMO

• Reduced Anxiety

Lowers chronic stress, digital fatigue, and the pressure of social comparison.

• Increased Presence

Fosters mindfulness, deeper focus, and greater appreciation for the immediate, real-world moment.

• Better Energy Management

Frees up mental and emotional bandwidth for true personal priorities and close relationships.

3. CORE PILLARS OF PRACTICE

Set Tech Boundaries	Practice Saying No	Prioritize Slow Living
Reduce time on social media apps, turn off non-essential notifications, or take scheduled digital detoxes.	Turn down invitations or obligations comfortably without over-explaining or feeling guilty.	Engage in quiet, restorative activities like spending time in nature, reading, or resting.

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4. FOMO VS. JOMO DIAGNOSTIC INVENTORY

Rate each behavior or internal state on a scale from **1 (Never / Rarely)** to **5 (Almost Always)** based on your experience over the past 14 days.

CLINICAL DIAGNOSTIC INDICATOR	1	2	3	4	5
1. I compulsively check my phone, messages, or social feeds when experiencing downtime.	○	○	○	○	○
2. I accept social invitations out of guilt or fear of missing out, rather than genuine desire.	○	○	○	○	○
3. Seeing others online enjoying events or achievements triggers feelings of inadequacy or regret.	○	○	○	○	○
4. I struggle to remain present in real-world conversations without reaching for my phone.	○	○	○	○	○
5. I over-explain or apologize excessively when turning down requests or social plans.	○	○	○	○	○
6. I feel comfortable spending an evening alone without needing digital distraction.	○	○	○	○	○
7. I can leave non-essential messages unread without feeling significant internal urgency.	○	○	○	○	○
8. I actively preserve unscheduled time in my week for rest, reflection, or unhurried tasks.	○	○	○	○	○
9. I feel deeply content when prioritizing quiet, restorative activities over noisy social gatherings.	○	○	○	○	○
10. My daily decisions are guided by my own values rather than external social expectations.	○	○	○	○	○

Therapeutic Assessment Insight

Items 1–5 measure digital compulsion, social comparison, and boundary guilt (FOMO indicators).
Items 6–10 evaluate presence, boundary security, and intentional rest (JOMO indicators).
Discuss your score distribution with Olivia during your next session to identify target focus areas.

5. CLIENT TASK: THE "YES VS. NO" ENERGY AUDIT

Every "Yes" you give to an external request is a default "No" to your own rest, peace, and restorative priorities. Complete this audit for 3 upcoming commitments or obligations this week.

COMMITMENT / REQUEST	WHY AM I CONSIDERING SAYING YES?	EMOTIONAL / PHYSICAL COST	JOMO ALTERNATIVE CHOICE
1.			
2.			
3.			

6. PRACTICE TASK: ASSERTIVE BOUNDARY FRAMING

JOMO requires declining invitations graciously without over-explaining or manufacturing excuses. Practice drafting your personal boundary responses below:

Script A: Warm, Direct Refusal (Social Events)

Example: "Thank you so much for thinking of me! I'm taking a quiet weekend to recharge, so I won't be able to make it."

Script B: Digital Delay Boundary (Work or Personal Messaging)

Example: "I am stepping away from my phone for the evening to spend time offline. I'll get back to you tomorrow during working hours."

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7. WEEKLY JOMO & SLOW LIVING TRACKER

Log your daily micro-practices of disconnection and intentional rest for one week.

DAY	TECH BOUNDARY ENFORCED	RESTORATIVE / SLOW ACTIVITY	MINDFUL PEACE (1-10)
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

8. THERAPEUTIC SESSION REFLECTION

Primary Internal Obstacle

What thought or feeling (e.g., guilt, anxiety, fear of being forgotten) arises when you try to disconnect?

Therapy Session Goal

What specific outcome or boundary would you like to focus on with Olivia during your next consultation?