

Do you feel FOMO?

1. What can you miss? Match the different uses of the verb *miss* with their explanations.



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|--|---|
| a) to fail to understand, notice or hear something | c) to notice that something is lost or absent |
| b) to feel sad a person or a thing isn't present | d) to be too late for an event/activity or not be present at it |
| | e) to fail to hit or reach something |

2. In pairs, answer the following questions.

- How often do you miss something or somebody from your past?
- Have you ever missed an important appointment or event? Why? What happened?
- Do you feel like you're missing out if you don't go out at the weekend or skip a party everybody's going to?

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3. Complete the gaps with the words from the box to create phrasal verbs with *out*. Change the form of the verb if necessary.

bring figure get hang opt
point miss sort stamp stand

- a) The aim of these activities is to offer people with mental health needs a way of **getting** out and meeting people, and to build skills and self-confidence.
- b) The following documents clearly **point** out the potential risks to our company.
- c) The government must act to **stamp** out interracial hatred and violence.
- d) Because so many things have already been invented, creating something which **stands** out becomes very challenging.
- e) Your friends always **bring** out your best self!
- f) If you are not a member of our group, you're definitely **missing** out on something marvellous.
- g) The Old Town Square is a lively place where many locals **hang** out in the evening.
- h) It took me some time to **figure** out who the killer in that story was.
- i) We had a misunderstanding, but we **sorted** it out and now everything is alright.
- j) You can **opt** out of this marketing campaign at any time by sending us an email.
4. There is some logic in the use of prepositions/adverbs in phrasal verbs. For example, *up* is used when something is 'better or improving' as in *cheer up*, *brighten up* or *dress up*. Discover what meanings *out* can bring by matching phrasal verbs from exercise 3 to the right group below.

- a) not being included or not taking part in something **OPT OUT; MISS OUT ON**
- b) being or moving outside; this usually means that you leave a place or you do something outdoors **HANG OUT; GET OUT**
- c) trying to find an answer or solution to a problem or something you don't know or understand **FIGURE OUT; SORT OUT; POINT OUT**
- d) used when something that you can't see or has been hidden suddenly appears **STAND OUT; BRING OUT**

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- e) when something is finished or you finish it; sometimes, it means it's done to the end or completely, until nothing is left **STAMP OUT**

5. Complete the sentences with the correct forms of the words in brackets.

- a) Nowadays, it's sometimes difficult to decide what things in life give us real **pleasure**. [PLEASED]
 b) He might seem a bit rude, but he has very good **intentions**. [INTEND]
 c) What are my **obligations** to the community I am a part of? [OBLIGE]
 d) Some people say that life is **limitless** and you can do anything you want. [LIMIT]
 e) Julius Caesar was the most **powerful** man in ancient Rome. [POWER]
 f) A life without limits is **meaningless** and we shouldn't strive for it. [MEANING]
 g) Oscar Wilde said he could resist everything except **temptations**. [TEMPT]

6. Watch the [video](http://bit.ly/EmbraceJOMO) [http://bit.ly/EmbraceJOMO] and find out what FOMO and JOMO mean.

7. Watch the [video](#) again and answer the questions.

- a) What are 2 factors that make us feel FOMO?

Social media: we compare ourselves to others, our lives, etc.

Consumer culture: a big marketing industry telling us we could have something more, something better.

- b) What should we do to experience JOMO?

Practise to willingly miss out on all possibilities we're bombarded with.

- c) What does 'moderate life' mean according to Aristotle?

Finding a balance between two extremes, doing too much and doing too little.

- d) What does it mean to be human according to the speaker?

To be human is to think about my life in relation to others, my obligations to them, being part of a community, society.

- e) How does the example of Nero show that limitless life is life of despair?



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Nero had limitless power in his times and could get what he wanted, but in the end he wanted to be out of control and to do so he set Rome on fire.

8. Decide which of these are true for you and explain why.

We should always want to develop to become someone better.

OR

We should resist the demands of constant development of ourselves.

I want to ensure that I live my life to the fullest and do everything to not feel FOMO.

OR

I try to experience JOMO by willingly missing out on the possibilities I have.

You should tell kids that they can do anything in their lives if they really want to.

OR

You should tell kids that they may have limits and they can't really do anything or become anybody they want to.

It's really difficult to not compare yourself and your life to others on social media.

OR

If you love your life and feel happy, you don't compare yourself to others on social media.

I try to resist the temptation to buy more and more consumer goods.

OR

I can't resist the temptation to buy more and spend a lot of money on new things.