

# FOBO

**Anna:** "I find myself **rigidly adhering** to one plan, even when there are so many **enticing options** at **my fingertips**. The fear of making the wrong choice and missing out is overwhelming, and it just **cracks me up** sometimes."

**David:** "I've always struggled with **commitment**. When you're constantly bombarded with choices, it feels like a never-ending **tapestry of life** unfolding before you. It's hard to stay focused and **stay consistent** with just one thing."

**Maria:** "The idea of **adapting and pivoting** scares me. We're **hardwired into our DNA** to look for better options, but the fear of taking the wrong step and causing a **ripple effect** that messes everything up is paralyzing."

**Carlos:** "It's difficult for me to make decisions when there are **enticing options** all around. My **ideas are set on** one thing, but the fear of missing out on something better keeps me from moving forward."

**Sophie:** "I sometimes wonder if **rigidly adhering** to one path is the right thing to do. The fear of better options, or **FOBO**, makes me question every decision I make. It's like every choice could unravel the **tapestry of life** I'm trying to weave."



1. "I wonder if sticking to one path is the right thing to do. The fear of better options makes me second-guess every decision, like it could ruin everything I'm trying to build."
2. "I struggle to make decisions because there are so many tempting options. Even when I have my mind set on something, I'm afraid I'll miss out on something better."
3. "I have a hard time committing to anything. With so many choices, it's tough to focus and stick with just one thing."
4. "I always stick to one plan, even though there are so many tempting options right in front of me. The fear of making the wrong choice really stresses me out."
5. "Changing directions scares me. We're wired to look for better options, but I'm afraid that one wrong move could mess everything up."



1. As the deadline approached, she had to **crank up** her efforts to make the right decision.
2. He was **dead set on** becoming a doctor, even though his parents wanted him to join the family business.
3. Her **commitment** to environmental causes influenced her decision to work in sustainable development.
4. When considering career paths, having **enticing options** like a high-paying corporate job or a fulfilling non-profit role can make the decision tough.
5. After the industry downturn, she found success by **adapting and pivoting** to a new business model.
6. To achieve long-term goals, it's important **to stay consistent** with your efforts and decisions.
7. The desire for success seems **to be hardwired into our DNA**, driving us to pursue ambitious goals.
8. **Rigidly adhering to** traditional paths can sometimes limit personal growth and opportunities.
9. Each decision we make adds a thread to the intricate **tapestry of life**, shaping our experiences and future.
10. His habit of meticulous planning **was deeply embedded** in his personality, affecting every choice he made.
11. With the Internet, information about every possible career is **at your fingertips**, making it harder to choose just one.
12. Choosing to study abroad had **a ripple effect**, leading her to unexpected career opportunities.

- \_\_\_ a) Options that are very attractive or appealing.
- \_\_\_ b) Firmly fixed or ingrained in something, especially in a way that is not easily changed.
- \_\_\_ c) A characteristic or trait that is a fundamental part of someone or something, as though it is part of their genetic makeup.
- \_\_\_ d) To increase something or make it more intense.
- \_\_\_ e) Easily available or accessible; at one's disposal.
- \_\_\_ f) The state or quality of being dedicated to a cause or activity.
- \_\_\_ g) To be absolutely determined or resolute about something.
- \_\_\_ h) To remain steady and uniform in one's actions or behaviour over time.
- \_\_\_ i) A situation in which one event causes a series of other events to happen.
- \_\_\_ j) Following something in a very strict or inflexible way.
- \_\_\_ k) Adjusting or making changes to one's approach or strategy in response to new conditions.
- \_\_\_ l) The complex and interwoven aspects of a person's life experiences.

1. Have you ever faced a situation where you had so many \_\_\_\_\_ that it was overwhelming?  
What did you choose, and how did you feel about it?
2. Can you think of a belief or habit that is \_\_\_\_\_ in your family or culture? How has it influenced your decisions?
3. Is there a trait or characteristic you believe is \_\_\_\_\_? How does it affect your life choices?
4. Describe a time when you had to \_\_\_\_\_ your efforts to achieve a goal. What was the outcome?
5. How has having information \_\_\_\_\_ due to technology affected your decision-making in important life choices?
6. Talk about a time when your \_\_\_\_\_ to a cause, person, or project significantly impacted your life.
7. Have you ever been \_\_\_\_\_ a particular path or goal, only to change direction later? What prompted the change?
8. Discuss the importance of \_\_\_\_\_ in your personal or professional life. Can you give an example?
9. Can you share an instance where a small decision you made had \_\_\_\_\_ on other aspects of your life?
10. Is there something in your life that you have been \_\_\_\_\_, and why have you chosen to do so?
11. Describe a situation where \_\_\_\_\_ was necessary for you. How did you handle it?
12. Reflect on how your different life decisions have woven together to create your unique \_\_\_\_\_. What are some key elements?