

# AI-01770 Regret of Missing Out

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Explain ROMO, regret of missing out. List the pillars. List 22 examples.

ROMO, or **Regret of Missing Out**, is a psychological phenomenon that describes the feeling of knowing you are missing out on things and regretting not having participated. It differs from FOMO (Fear of Missing Out) in that FOMO is an anxiety about *potentially* missing out, while ROMO is a feeling of *actual* regret after something has already happened or an opportunity has passed. It often arises when comparing one's own experiences with what others are doing, especially as portrayed on social media.

## Pillars of ROMO:

While ROMO isn't as formally structured with "pillars" as some other psychological concepts, the underlying drivers and components contributing to it can be understood as:

1. **Social Comparison:** The pervasive tendency to compare one's own life, experiences, and achievements with those of others. This is heavily fueled by social media, where curated highlights often present an idealized, unrealistic view of others' lives.
2. **Perceived Loss of Opportunity:** The feeling that a specific, desirable experience, event, or outcome was available but was not seized, leading to a sense of forfeiture or a missed chance for betterment.
3. **Idealized Expectations:** Holding unrealistic expectations for one's own life or what one "should" be experiencing, often influenced by societal pressures or media portrayals. When reality falls short, ROMO can set in.

4. **Insecurity/Low Self-Esteem:** A lack of confidence in one's choices or self-worth can amplify the feeling that others are having a better or more fulfilling time, leading to greater regret over missed opportunities.
5. **Desire for Connection/Belonging:** The fundamental human need to feel connected and included. When one feels excluded or out of the loop, ROMO can manifest as regret over not being part of a social experience.

## 22 Examples of ROMO:

Here are 22 examples of situations where one might experience ROMO:

1. **Missing out on a friend's spontaneous gathering:** Seeing pictures of your friends having a great time at a party you decided not to attend.
2. **Not investing in a booming stock:** Regretting not buying shares in a company that saw significant growth (e.g., NVIDIA in early 2024).
3. **Skiping a once-in-a-lifetime concert:** Hearing rave reviews and seeing videos of an amazing performance you chose not to go to.
4. **Declining a travel opportunity:** Seeing incredible photos and stories from a trip you were invited on but couldn't or wouldn't take.
5. **Not applying for a dream job:** Realizing later that a former colleague got a fantastic position you considered applying for.
6. **Failing to capitalize on a business trend:** Seeing others succeed in a new market you had thought about entering.
7. **Not learning a new skill:** Wishing you had learned a language, instrument, or craft when you had the time, and now others are proficient.
8. **Missing a significant family event:** Being unable to attend a wedding, graduation, or reunion and seeing the joy shared by others.
9. **Not pursuing a romantic interest:** Regretting not taking a chance on someone who is now happily with another person.
10. **Passing up a limited-time sale:** Realizing after the fact that you missed out on a significant discount on an item you wanted.
11. **Not attending a popular festival:** Seeing social media flooded with posts from an event you decided to skip.

12. **Opting out of a group fitness challenge:** Seeing friends achieve their fitness goals while you remained stagnant.
13. **Not speaking up in a meeting:** Wishing you had contributed a great idea that someone else later presented and got credit for.
14. **Delaying home renovations:** Seeing the market value of renovated homes in your area increase significantly after you decided to wait.
15. **Not connecting with an old acquaintance:** Discovering an old friend has achieved great success or had an amazing experience that you could have shared in.
16. **Missing a cultural event:** Regretting not attending a local fair, parade, or exhibition that received widespread positive feedback.
17. **Not trying a new restaurant:** Hearing glowing reviews about a recently opened eatery you hadn't gotten around to visiting.
18. **Foregoing educational opportunities:** Realizing a course or workshop you considered taking led to significant career advancement for others.
19. **Not documenting personal moments:** Wishing you had taken more photos or videos of a special occasion that is now just a memory.
20. **Missing out on a popular book/movie/show:** Feeling left out of conversations because you haven't experienced a cultural phenomenon.
21. **Not exploring a hobby:** Seeing others deeply engaged and passionate about a hobby you once considered trying.
22. **Not taking a gap year or extended break:** Realizing later the personal growth and experiences that others gained from such a period.