**Sample 10/10**

It seems like the the author takes pride in her realization that, yes, life is possible and even enjoyable when not tethered to the world of social media and constant updates. I agree it’s good to realize this, but I also think it’s sad that many of us, until forced to part with our devices, have forgotten how to live without a phone or tablet. It’s sad that our society caves to the pressure of being extroverts, as pointed out in the article.

This summer I took a trip with my youth group. We had cell phone service until we entered the mountains. Much like the author, I at first felt weird about not having my phone. I couldn’t look at what I was missing back home or even talk to my family, and when I remembered I would be in the mountains for a whole week, I started having a mini freak out. This is a classic example of FOMO.

After the first couple of hours I forgot I had a phone, and as the week progressed I was so preoccupied with hiking and camping that I really didn’t care what everyone else was doing at home. I was living in the moment, undistracted. I didn’t care how my life compared to anyone else’s.

As I turned my phone back on after leaving the mountains, I couldn’t even read my messages because there were so many. Do you know what I realized when I read all the messages? That nothing exciting happened at home while I was gone. I didn’t miss anything important. Mr. Hoffmann embodies this concept in his questions, “How important is this, really? How happy does it make me?” I realized the asnwer to both is “not really.” Yet I must admit that If I would’ve had my phone, FOMO would have been a problem because I would’ve been constantly told about what was going on in everybody’s lives. I guess as with everything, moderation is key.

**Sample 9/10**

The article made me think about how at times I think that my life is too full of digital clutter because often times when I am hanging out with my friends, we all end up on our phones and having conversations with other people instead of with each other. And really, what’s the point of hanging out with someone if you’re not actually hanging out? Perhaps I should start a “screen diet.”

However, there are also times that I put my phone away and don’t respond to my messages until I am done hanging out with my friends, and these are the times that I find are the most fun. When there are no other distractions, I feel like I have more fun and enjoy what I am doing instead of texting a friend the whole time of what I am doing. After a while it can get to be like “What are you doing?” “Well, I’m texting you right now.” It almost seems like the fear of missing out, if taken to the extreme, will lead to the joy of missing out when you realize what you’re doing is not good for you.

When I am on my phone at different events or parties, I tend to not remember that event or often times miss out on what was happening even though I was there. I think there are just certain times that it is okay to bring out the social media but then there are times you should just have the decency to put it away.

**Sample 7.5/10**

JOMO can be good to some extent. Not knowing what everyone else is doing can give you the opportunity to makes your own plans without worrying about what everyone else is doing. FOMO, Fear of Missing Out can be stressful because you become aware of things you might be missing out on. However social media can help you to know what’s going on with you’re friends and you can invite them to hang out or they can invite you to hang out right over the internet which is pretty convenient.