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# 7 Reasons You Shouldn't Let FOMO Rule Your Life

Last Updated: Apr 29, 2015 | By Natasha Burton

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**5. FOMO Promotes Self-Destructive Behavior** | Another trendy acronym related to FOMO is YOLO (you only live once), which, in tandem, can create a recipe for risk-taking. Like, YOLO, FOMO is all about living with no regrets, says relationship expert April Masini, and that can lead people away from sound decision-making. "A life of purely and solely FOMO decisions can lead to impulse buying, impulse sex and impulse reactions that create discord, chaos, health issues and financial ruin," she explains. "You don't want to find yourself making impulsive decisions based on FOMO instead of who you really are and what you really want in life, short term and long term." AskApril.com

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