Are you experiencing “FOFO?”
When it comes to your health does this describe you?

- Disengaged with health issues
- Lack motivation, time, or commitment to make any changes to lifestyle to improve wellbeing
- Slow to seek medical treatment or act on medical advice

If this describes you, you’re not alone!
The underlying cause of this behavior is something far more difficult to overcome. It may be what is now known as the ‘Fear of Finding Out’ (FOFO), one of the main barriers preventing adults from making healthier lifestyle choices. Fear is often hugely challenging to overcome, so what can you do to engage your health care and ultimately take control?

Ask yourself these questions....

- “What is currently stopping me from getting a health check?”
- “Are the excuses just made up or convenient? (Don't have time, etc)
- “What would finding out about a condition mean for me and what would be the benefits?”

Then ask yourself these important questions....

- “Who relies on you?” Your partner, spouse, children, job or your cat/dog?
- “What would happen if you found out something was an issue but it could be handled?”
- “What if you didn’t bother to find out? How would they get on without you?”
- “Is the FEAR OF FINDING OUT stopping me in my tracks?”

In Closing
Your motivation must be driven by you and you alone. Your fear tends to exaggerate the negatives much more than the positives. Being pro-active about your health is and always will be the best plan. The last open-ended question you should ask yourself is this: “WHAT WILL I DO FROM HERE?”


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