



BROOKLYN_BORN

[Change Banner Image](#)**154,963**
SparkPoints[Info](#)[Photos](#)[Feed](#)[Blogs](#)[Awards](#)[More](#) 

Where have all my old friends gone? Day 18

Wednesday, May 25, 2016

"Happy families are all alike; every unhappy family is unhappy in its own way"
Anyone get my reference? Yes, even Math majors read the classics.
In the context of my project, substitute "sparkers" for "families"

I'm looking at unhappy results right now.
Today's group includes 2/3 with status "inactive or missing"

One case is understandable. Over the years I've known her and even seen her blog featured, she has gone dark and then returned several times. I'm hoping that's the case again.

Three were only here for a few months, hardly enough time to get to know them or for them to learn the ropes around here. Perhaps they just didn't like it? We know SP doesn't offer any magic pill.

In one case I was her first friend (aside from Spark Guy)

One jumped into Spark enthusiastically becoming a leader of teams and even beginning a new one. Then suddenly she was gone.

One became pregnant and planned to return. That didn't happen unless, as new mom, she has a new screen name.

The only common thread I see is that 2015 was the last time they had a presence here.
Most just drifted away with a common last entry being the word "plateau"

My procedure is to check for blogs, feed, awards, streaks and comments on their page.
Fortunately even though there have been a lot of cosmetic changes to Spark, navigation between pages and among page sections is working fine.

Because my spreadsheet of results includes the start date and end date of those no longer active, I will have a lot of statistics when this is all done. However this cross check made me realize that my great stats yesterday are slightly less great.

They should have read 12 Active, 8 Inactive/Missing - 60%
Today's summary will reflect that change.

Today's results:
7 Active & 13 Inactive/Missing - 35%

Summary so far:
174 out of 330 still actively sparking. That's 53% still with us.

[Edit Blog Entry](#) | [Delete Blog Entry](#)

[Add a Blog Entry](#)

See Today's Featured Member Blog Posts

More Blogs by BROOKLYN_BORN

[Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021](#)

[Avoiding Our Wedding Anniversary - 6/4/2021](#)

[Multitasking for Safety – Plus Remembrance and Reflection - 6/1/2021](#)

[Taps Across America – The National Moment of Remembrance - Monday 5/31/21 3PM - 5/30/2021](#)

[View All >](#)

Member Comments About This Blog Post



PHEBESS

Interesting. I know plateaus are frustrating, I plateau constantly. But being at the same weight, even if it isn't the goal weight, is SO much better than gaining!

1843 days ago



WATERMELLEN

Yup yup yup (and I confirmed with google . . . isn't the internet amazing, I call 'em "literary illusions" now because I can create the illusion of actually remembering!!!)

So interesting that "famous last word" was so often "plateau": a plateau in the past which caused much grief can often look pretty appealing from the perspective of a gain.

And for sure Spark support helps a whole lot keeping me from gaining.

1843 days ago



JEANKNEE

I was one of those folks that initially came to Spark and took quick leave. What's interesting is that I did not close my account. I returned a little over 3 years later and have been actively using Spark for close to 2.5 years now. Glad I returned!

1843 days ago



LIVEDAILY

Losing weight and becoming a healthier you is a Full. Time. Job. A lot of people are looking for that quick fix. You didn't put on 100 pounds overnight. It isn't going to disappear overnight, either. It can be very discouraging, unless you create a support team for yourself.



1843 days ago



HOLLYM48

As you said, sp is not a magic pill. It does take work and dedication. i am sure it doesn't appeal to everyone as I have seen many people come and go in the 4 years that I have been here.

1843 days ago



DOVESEYES



1843 days ago



2BDYNAMIC

Okay back now to finish.....Really don't know why they leave....

1843 days ago



LIFENPROGRESS

Here for the entire journey!

"Who do you spend time with? Criticizers or encouragers? Surround yourself with those who believe in you. Your life is too important for anything less."

~ Steve Goodier ~

1843 days ago



PHOENIX1949



1843 days ago



CD4114015

Another GREAT blog!

1844 days ago





Staying with Spark is a choice we all must make. I need it, it's members and the inspiration of all. Spark On. 1844 days ago



CARBMONSTERII

I think folks stop logging in when life gets in the way or their motivation wanes. Human nature us a funny thing: you want to look like you are succeeding and you don't want folks to know when you are not, which is sad, because that's when you need the most social support. I have considered "skipping" my daily SP fix, too, but I recognized that for me, at least, not gaining is a kind of victory so I AM making progress, sort of. Losing is a win still to happen. I am too darn stubborn to say it can't happen, but it is demoralizing when it doesn't happen like I thought it would. Takes a lot of inner discipline & strength to keep plugging away at the ol' goals. 1844 days ago



LIVINGLOVINLIFE

So many have drifted away. It is sad but consistent with life. I am here for the long haul. I am stubborn about some things GS I am not a quitter. I plod along one day I will get it done. Have met some very interesting people. 1844 days ago



ONEKIDSMOM

Absolutely fascinating... reminds me of the parable of the seed... and the nature of us, as Sparkers, ready to receive or with some rocks that need to be cleared before the seed can grow. If I were a minister, could probably build a sermon out of all this. Even with my messed up collection, it would be worth the trip through the whole list just to see... I'm willing to bet we have/had quite a few in common, as I recognize the patterns of "leave, go dark, come back with a new screen name" for a select few of my friends.

Reinventing ourselves with a new name is one of the features of on-line life, a blessing at times, a curse at others! Discouragement and thinking we don't have what it takes drives us away from even those who might be more supporting... "a disease of isolation". 1844 days ago



PGBACK



I have not been so active recently due to not feeling well. I have started feeling better the last week. Wishing you a Wonderful Wednesday. 1844 days ago



NJSHAR

I've left and come back. I didn't know about the app back then, though. If i had, the convenience may have held me. Interesting stats. 1844 days ago



2BDYNAMIC

Yes, I have been friends(even some really good friends away. It is sad an.....(computer probs) ... not typing well . 1844 days ago



MINATHERED

I think a lot of people drift away when the weight either starts to creep back on or at least doesn't keep coming off. 1844 days ago



Add Your Comment to the Blog Post

Leave encouragement, a question, or anything else relevant to this post. All blog comments must abide by SparkPeople's [Community Guidelines](#).

Subscribe to this blog

ADD AN EMOTICON

SPELL CHECK

Post Comment

Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.