

LOG OUT



# BROOKLYN\_BORN

 Change Banner Image

**154,963**  
SparkPoints



-  Info
-  Photos
-  Feed
-  Blogs
-  Awards
- More 

## Where have all my old friends gone?

Sunday, May 08, 2016

Today I decided to find out.

Over my 7+ years on Spark I've made hundreds of friends, followed their journeys, celebrated their successes and sympathized with their problems. Perhaps it's the recent losses in my life as members of my own generation pass away, or maybe it's my 70th birthday coming up next year, but I've been wondering about the people who once were a part of my real life with whom I've lost track. Facebook helps me keep in touch, but so many of my generation never became tech savvy.

This morning I decided to see who of my spark friends are still active or have drifted away without my noticing. Not everyone leaves a goodbye note or blog.

So here's my plan. Let's start at the very beginning with the 1st 10 people who friended me and brought me out of my self-imposed spark hermitage.

Day 1 result: 7 out of 10 are still active - 70% is pretty good.

In 42 days I should have a snapshot of my little corner of the spark world and perhaps reconnect with some old friends.

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

Share This Post With Others

[Report Inappropriate Blog](#)

 [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



**1STBUCKETITEM**

Probably a good idea... yet most of us just get so "wrapped up" in our day to day travails, that we tend to "fall off the wagon" in our SP postings. Even so, I have maintained a strong friendship with an old SP friend. We have to remind ourselves to post even when the going gets rough to be "accountable" to some outside ourselves. Sometimes a good old fashioned "chat on the phone" works better than texting or blogging. We sometimes just need to "hear" someone who "has our

back" when we need it the most.  
1838 days ago



**MDTWEETY**

Hi, this is a cool experiment! I have been on this site since 2007 and took a few long hiatuses (is that a word? LOL). I miss the Spark friends I used to interact with on a daily basis. I have not done an analysis, but just from a cursory look, I would estimate at least 75 percent of my Spark friends are inactive.

Sadly, I think Spark is just not what it used to be in terms of active members. There used to be

hundreds of posts/comments on the message boards, especially those in the general community forums. Now there is only a handful of comments on many of the posts.  
1846 days ago



**CHANGINGHORSES**



1848 days ago



**BEESHELL8**

this is very interesting. i recently sent a question into the spark folks about why so many of the "motivational sparkpages" that are featured have latest activity of like 600 days! Haven't heard back. I just thought that was weird. Feature some folks who are currently active!

1852 days ago



**CD4300142**

Great idea! I am pleasantly surprised that 7 out of 10 of your first friends from 7 years ago are still active here. That is awesome!

1857 days ago



**ANGIEN9**

Not sure what number friend I am, but I am behind on my Spark email. So sorry! I love your blogs. They are interesting and I have a friend that so excited when I told her about u performing at Carnegie Hall!!! That is someplace that she wishes to visit someday. I think it would be awesome to see, too.

May your day be filled with sunshine and lots of reconnected Spark friends. I will try to keep up. My computer is getting remotely fixed as we speak. It is much faster, usually, than my tablet or phone.

Thinking of you!!



1857 days ago



**CD6939912**

I think all of us on SP have done this evaluation at one point of another...maybe several times. I've personally always wondered why people keep so many inactive friends. Every time I do this evaluation, I drop friends. Sometimes they come back and when they do, I add them back again. No trouble. Now I have under 30 sparkfriends. I have a manageable amount of friends so I can go to each of their pages and see what's going on with them on a monthly basis. That's just how I keep my spark experience relevant and how I stay engaged with those with whom I'm connected. Sometimes people just leave SP because it doesn't fit their needs anymore OR because the folks that they were once connected with aren't active on it anymore. It's the cycle of SP life. LOL. But, I'm glad that some of the more personal connections I've made on SP have spilled out into other social media forums (FB, IG), so that we can stay in touch even though they may not be active on SP anymore.

1858 days ago



Comment edited on: 5/10/2016 7:06:24 PM



**LIVEDAILY**

I do that every so often. It pains me to do it though. I think to myself, what if they reach out, and I'm no longer there? 'tis a conundrum. 70% is a good number though!

1860 days ago



**MJREIMERS**

I did this a year or so ago. Most are still around, but it always saddens me when they leave without a good-bye. Good luck finding all your sparkfriends.

1860 days ago



**HOLLYM48**



1860 days ago



**DOVESEYES**

70% is great I'm sure the 30% had a reason to leave or not keep up.

1860 days ago



**MARINGAL**

Every month I go through my friend list. If they haven't been involved with SparkPeople in 5 months, I remove them as friends. I only want the people that are active and serious about living a healthy life to be on that list. I have kept it small and cozy, just the way I like it. I am not one of those people who feel the need to have hundreds and hundreds of friends. For me, that is totally ridiculous.

1860 days ago





**ACRAIG921**

70% is a good number. I know a lot of my friends have left SP. I've left and come back a few times. Can't wait to hear the results!!  
1860 days ago



**CD4114015**

This is an AWESOME idea! Love it! And 70% is GREAT!

I am right behind you on that big 7-0 I have 2 years from July...but we BOTH know how quickly that goes by!

Happy Mother's Day and happy hunting for awhile for the old buddies! I wonder how many have done as well as you have????? I'm sure you will.  
1860 days ago



**IAMSUNNYHOWARD**

That is a high percentage! Great idea!  
1861 days ago



**MEADSBAY**

I go through my friends list very year or so and delete anyone who hasn't been active for a year or two unless it is someone I really really hope is lurking or will be back.  
70% seems pretty good to me, too.  
I know my entire 'class' of Jan 11' 2009 is probably more like 10% still here.  
No judgement intended to those who have moved on for any number of reasons.



1861 days ago



**PHEBESS**

From the first team I joined, a group of women who all got married around the same time, I think I still see 2 or 3 on here. Maybe. People do come and go, for various reasons. One I know reached her goal but didn't really stay around to maintain. So it isn't always everyone giving up. Sometimes.  
1861 days ago



**MISCHAKEO**

I am here but not blogging. There is a season and time for everything. I think when I retire I will start blogging again! I would guess at least 50 percent of Spark Friends have disappeared.  
1861 days ago



**DR1939**

Some of mine have been here for a long time, others have drifted away. It always delights me to see someone return.  
1861 days ago



**PRNCSCUP1-2FULL**

I'm impressed with your 70%!! I know for a fact without checking that is not true in my corner of the Spark World! I know 3 of my friends have died. I've been wanting to go thru my friend's list and see who I wanted to keep on my list and see who I wanted to delete.... I might just check in on all of them as I go! Happy Mother's Day!!  
1861 days ago




**PHOENIX1949**

1861 days ago



**GINIEMIE**

I know some of mine have disappeared off the face of SP. Others like me are hit or miss, sorry.

I joined six years ago, but I'm sure glad to have you as a  . Happy Mother's Day.



1861 days ago



**WATERMELLEN**

My goodness, that's a higher rating than have stuck around from my "class", for sure . . . although I did hear the other day from someone who's been MIA for about 2 years at least!!

You can be sure, I'm not going anywhere!! Glad to be your friend here at Spark People!!  
1861 days ago





**JEANKNEE**

That's pretty darn good! 70%? Wow! Think 50YEARSAWIFE is onto something!

Do report back. I'm truly curious.  
1861 days ago



**CD15520036**

Yes. 70% is good!  
1861 days ago



**KRISZTA11**

Great idea to research this!  
70% is a very good ratio, I thought it would be less than that.  
Looking forward to hear more!



1861 days ago



**50YEARSAWIFE**

70% just shows that many of us realize how great this site is.  
1861 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.