



# BROOKLYN\_BORN

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## Where have all my old friends gone? Day 2

Monday, May 09, 2016

Before I post the data for today, I want to clarify something because of a comment posted on yesterday's blog. It ended with this statement.

"I am not one of those people who feel the need to have hundreds and hundreds of friends. For me, that is totally ridiculous."

I believe:

We are all an experiment of one seeking the path to a healthy lifestyle that works best for us.

There are many different attitudes toward the appropriate level of interaction with spark friends and teams and all are equally valid.

I would never put down any sparkers approach to their life or their chosen level of interaction with community.

For the first time I'm perusing my list of friends gathered in the last 7+ years not for any reason of efficiency, but out of genuine interest to learn "where are they now?"

I value ALL of the following:

The active friends who have hung in there as long or longer than I have.

The new friends who are discovering the spark world and hope I can offer something of value to them as they always do for me.

Those who take breaks or even give up temporarily, but return to the community eventually with a report of going it alone. I hope they are encouraged to find familiar faces still sparking

What I've learned from those who are no longer with us and hope they are doing well. Sadly, I know that a few are no longer with us because they have died.

That said,

Day 2 results: 60% still actively sparking

6 active, 3 inactive (but pages accessible) , 1 page inaccessible

Summary: Over 2 days (20 old friends) 65% are still here and active.

Finally, thank you to those quiet sparkers who have responded to tell me that they are still here even if not blogging, posting frequently or officially participating in challenges. There is much to be gained here even if you have a more private personality.

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## Member Comments About This Blog Post



**GINIEMIE**

You are fun to follow, interesting and you have a different perspective than I do. Thanks for these blogs. Makes me reflect back to my beginnings at SP. Just realized I passed another



Sparkversary April 9th.



1858 days ago



**BBEAGAN**

This is a fascinating exploration! Thanks for doing it and posting your results.



1859 days ago



**SUNSET09**



1859 days ago



**JEANKNEE**

Appreciate you ...



1859 days ago



**DOVESEYES**

Wonderful blog, I appreciate your attitude and have learned so much from it in the last six years. Thanks so much.



1859 days ago



**CD4114015**

LOVE this, the final paragraph especially! I actually have one of those "private" personalities thought most say they would never know it from how I am "out there" but trust me I actually AM an introvert with a private personality!



1859 days ago



**PRNCSCUP1-2FULL**

Like Ellen said.... None of us are easily offended. I try to make clear some things as you did. I am still impressed with your 65%!! It makes me curious about which friends are still active that I don't hear from any longer, but I don't have the time to sit down and contact them! Don't get me wrong.... I am fully aware of how busy your life is too, but between work and computer stuff taking me twice or even 3 times as long as sighted folks I just can't take the time or make the time to do that! I am interested in your findings! I've been here 8 years and don't see me going anywhere! Gave Hubby directions to post if I should die or something like that.



1859 days ago



**LIVEDAILY**

I always wonder about my friends who have simply just disappeared. I hope they are happy and well. I miss them.



1859 days ago



**DR1939**

At various times and for various reasons some Spark friends became facebook friends. Even though they are no longer active on Spark, I still keep up with them in other ways.



1860 days ago



**IAMSUNNYHOWARD**



1860 days ago



**PHOENIX1949**



1860 days ago



**LIVINGLOVINLIFE**

I have several that are no longer active but remain on my page hoping one day they will return. Have several that have passed on and remain on my page to honor them.

1860 days ago



**TERI-RIFIC**

Interesting! I checked on my "class of" team and I am the only one still active. As far as friends-There are a couple of people who I felt a connection to who still have pages, but who never post anything anymore who I wonder about. I am sometimes tempted to remove some inactive friends, but then I remember that after I had left the first time and later came back under a different name, I was able to find my previous Spark identity through a person who had kept me as a friend. ( I had picked her as a friend again and saw my original picture on her page -I couldn't even remember my original screen name) I really appreciate the people like you who stay on and keep blogging! Plus, I always remember that I am one of your "real" imaginary friends! I look forward to your always interesting perspectives.

1860 days ago



**50YEARSAWIFE**



1860 days ago



**KELLIEBEAN**

I have many spark friends that are no longer active but I don't remove them in hopes that one day they will come back to Spark like I did four years ago or so.

Like Robert Palmer sange.. It takes every kind of people to make the world go round.

Here's to a Sparkin good week!



1860 days ago



**NELLJONES**

One of the great things about being at goal is that I don't internalize criticism from other Sparkers. No words from them can make me gain weight, it's easy to sever the connection and stick with the winners. We are all so different, every journey can illuminate some aspect of my own, even if we don't agree on all of it.

1860 days ago



**WATERMELLEN**

Yes, one of the great strengths of Spark is that it can accommodate the whole spectrum of personality. A couple of my favourite Sparkies have, I'm pretty sure, also passed away. And some just disappear I assume when they've lost weight and obtained what they needed here or possibly given up. Some come back!

And that slightly harsh comment? Unusual for Spark: I know you take it in stride. I always assume (and I'm sure you do too) that the body language/facial expression if the message were delivered "in person" might convey a very different effect. When that doesn't work for me, I feel free to quietly delete it!!!

There have been in my experience a very few wonderful Sparkies who were effectively hounded off this site with escalating negativity, even though that's a pretty rare phenomenon.

But not happening for me and I know not for you either.

1860 days ago



1HAPPYSPiRiT

Well  
Said!

Those of us who have been Sparking for several years have witnessed a variety of website changes at Spark. And, now with the Spark app --- which makes Sparking even more accessible. The important part is---each of us have placed a healthy lifestyle as a priority in our lives.

1860 days ago

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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.