

# Are your friends and family bringing you down?

Hi this is Kylie! We are going to talk about the social ecosystem. Who lifts up, and who brings you down, and what can you do about it.

Does that sound like awesome? Because it is totally awesome! Here we go.

So, the social ecosystem is just fancy-schmancy Pace language, really,

Pace: hey!

Kyeli: {laughs} Hi Pace! for the people in your life that are your friends and your family and the people that you interact with on a regular basis.

So that's our social ecosystem.

And what we want to look at is, who in that ecosystem - which I'm going to use obsessively, cause its fun to say - who in that ecosystem is lifting you up, and who in that ecosystem is bringing you down.

So, think of the people that you interact with; think of your friends, your family, the people on twitter, the 10,000 people on Facebook that you don't actually know.

Who in those relationships, when you interact with those people, who is bringing you down?

Who makes you feel bad, or grumpy? Who posts those stupid news stories that you read and then you're like, "uuh, Now I feel like crap."

Or, who constantly posts pictures with motivational slogans on them, and you're just rolling your eyes 'cause, hellooo you've seen them a million times?

Or who posts lolcatz all the time? And you don't even like lolcatz!

It's really ok if you don't.

And who posts, you know, posts filled with text speak and poor grammar that just makes you want to throttle them?

Not that I know any of these people of course!

Those are the people that you want to limit.

Especially, especially if they're posting things that are specifically directed at you, that bring you down.

Like, "hey, it's so nice to see your hobby taking off." When you've been, like, your own boss for five years.

So, those are the people that you really want to limit. Now, I know twitter and Facebook both have lists, and you can build a list and then not ever see anyone on a list that you designate 'the no people', or whatever you want to call it, 'the no people' is kind of lame. But you get it.

So you can make a list, on Facebook, on twitter, and you can turn those people 'off' without hurting any feelings. You don't have to unfriend anybody, you just put them on a list and then you never have to read them.

Because let's be real, with the monkey sphere, you can't even really know more than about 150 people anyway.

So any time you read a status update or a tweet, and you're like, "oh that's great, I wish I knew who you were..." That's somebody that can go on your invisible list, because you don't even know that person.

Every time you read a tweet or a Facebook update that hurts your feelings, or irritates you, or makes you grumpy or unhappy, or makes you feel like you need to have a fight on the Internet - which, as we all know, will never help you, ever - those are people who can go on your invisible list.

And then, make a list of people who lift you up. This is the fun part, the fun-er part.

So, look at the people who post things that do motivate you, or inspire you. The people who post happy things, that make you feel good about yourself, the people who are always complimenting you, or loving on you.

Make a list for those people too, and make it your go-to list, that you look at when you're feeling unhappy or stressed out or whatever.

Those are the people who lift you up, and you want more of the lifting, less of the bringing down, right?!

More lifting, less bringing down.

That is all part of creating a social ecosystem {laughs} to support you and nourish you.

Note: this does not mean that you must immediately unfriendly all of the people who ever disagree with you. Disagreement, in a healthy constructive way, is wonderful.

We're talking about the people who annoy, hurt, or bring you down. Not the people who just disagree with you.

Big difference, big difference!

You can disagree and still be really close friends, you can disagree and still lift each other up.

So, look for the people who bring you down, not who disagree with you; not necessarily the same thing.

Now, this applies not just in social media, but also in your real life, but this is where it gets a little tricky.

Real life has no ignore list.

You know, don't you just kinda wish it did sometimes?

In real life, you - not that our online life is not real, because boy would I be in a big hole if my online life wasn't real!

But in-person, in meet-space, your ability to construct groups of people that lift you up is a little bit trickier, because you're going to have to actually probably hurt some feelings. Maybe a little bit.

You need to choose to let the people who hurt you, anger you, frustrate you, disappoint you on a regular basis, you're going to have to let those people go. And it's really, really fucking hard.

Really hard.

I totally get you.

But, in order to create an environment that supports you and lifts you up, sometimes you're going to have to let some people go.

This does not mean that you have to pick a big fight, and have a screaming match, and go out in a blaze of glory.

It just means that you might want to start looking at the people who bring you down - frustrate you, irritate you, anger you, whatever - and limit your contact with those people a little bit.

And you can do it in stages.

You know, be a little bit busier when they call. Or have less time available to talk to them, or maybe don't meet them every single week if they're frustrating the crap out of you every time you talk to them.

You can do this in stages and break it down to where you're not breaking hearts, you're just gradually stepping it down and letting them go.

And, fill your life with the people who bring you up!

Even in meet-space, even in the 'real' world. {laughs}

So, you want to do the same thing online as you do in person. You want to find those people who bring you joy, inspiration, motivation, who make you laugh, who disagree with you in a respectful and honorific way, and spend more of your time with those people.

Because let me tell ya, life is too short to surround yourself with jerks. Seriously.

So, that is how you build an upward spiral of connection and, what did I call it, the social ecosystem, and how you kind of let go a little bit of that downward pull.

And it's hard. It's hard.

And you can reach out to the people in your uppy list to help you deal with the people on the downy list. And reach to the people in your pay attention to these people list to help you figure out how to lessen the impact of the people in your ignore list.

Because you're not in a vacuum, you're not alone, and you're going to make that list of awesome people, and man it's gonna make you feel like a rock star!

Because those are the people who are going to constantly love on you. And that, woo! That really changes things.

Also, one last thing, these do not have to all be real people from this reality!

One of the people in my 'lifts me up and motivates me' list is Granny Weatherwax, who is a character from Terry Pratchett's 'Discworld' novels.

She is not a real person in this reality, but she is one of my heroes, and one of my biggest inspirations.

So I put her on a list of names of people to read when I am needing inspiration, and I'll just go re-read one of the books that she's a main character in, or I will look up some quotes of Granny Weatherwax, or whatever, to help bring her energy into my life when I'm needing that.

So you can totally put imaginary people on your positive list.

And, if there is a book or a series, it can be tv shows, whatever, that you're reading or watching that is making you feel like crap, that goes on your ignore list and you can get rid of that.

You don't have to read that book just 'cause your half of the way through. Throw it across the room! Let it go!

So, build up the people who make you happy, let go of the people who make you miserable - whether they're real, whether they're in meet-space or online - and just breathe that in.

That's a lot of information.

But breathe it in, and see how having that social ecosystem of people who brings you up instead of brings you down, is really going to make a powerful difference in your life.

And reach out if you need help, because we're here for you!

Good luck!

xoxo  
Kyeli