

# Joshua's "Only The Beginning" Observation

**Post by "Matt" of January 11, 2022 at 1:12 PM**

[Kalosyni](#) and to dovetail off the "Debbie downer" idea, I also see our social media lives tied to this concept. If we are associating with "friends" or even family that live a toxic social media lifestyle of nastiness, anger and other negative things, it can bleed into our bubble. We can still maintain relations with certain people based on familial ties or old friendships. But since friendship is meant to have mutual benefit it may not be beneficial to associate with people who bring us down or cause us irritation.