* Follower / Following query

**SELECT**

**B.First\_Name as Following,**

**C.First\_Name as Followed**

**FROM**

**[Following] A**

**INNER JOIN [Users] B ON A.[User\_Following] = B.[User\_ID]**

**INNER JOIN [Users] C ON A.[User\_Followed] = C.[User\_ID]**

**WHERE**

**A.User\_Followed = 14**