If you are someone who is on a constant, never ending search for growth and self development… spending time with those who aren’t can be very draining.

如果你是一个不断追求成长和自我发展的人…花时间和那些不思进取的人在一起，可能会让你筋疲力尽。

You may not need to end your time with these people, they may be family, or life long friends…but to expect your greatest life, when you surround yourself with people who have zero intention of getting better, ever – that’s insanity.

你可能没法完全与他们断开联系，他们可能是家人，或者是终身的朋友…但是你总是和那些不思进取的人待在一块，却又指望自己的生命有什么起色，那就太荒唐了。

At the end of the day you choose who you spend time with, and you choose who you spend the most time with. You don’t have to be rude, or abrupt or disrespectful when limiting or ending time you spend with people – you don’t even have to explain why. Just do what feels right for you, because that, is usually what is right for everyone involved.

最终，你选择与谁共度时光，选择与谁共度最多的时光。想要限制或者停止与他人相处的时间时，你不必粗鲁、唐突或无礼——你甚至不必解释原因。你只需要相信自己的直觉，凭直觉做出的决定，往往是最合适的。

1.**self development**

自我发展；

2.**draining**

 令人精疲力竭的；

3.**life long friends**

 终生的朋友；

4.**insanity**[ɪn'sænətɪ]

 疯狂；精神错乱；愚顽；

5.**disrespectful**

 无礼的；失礼的；不尊敬的；