**Final Position Paper Outline**

**1) Audience and rhetorical situation (audience *and* SPECIFIC venue)**

My choice of audience is people who are concerning on this topic, including scholars, students and people who are suffering from such problems and looking for information to understand their status and methods to make themselves feel better. And the venue I want to choose is *Journal of Health and Social Behavior*. Since my essay is not as research-based as most of the other articles on such journal, it will be presented more like a literature review.

**2) An Outline of your opening section (including introduction, narration, and partition, if applicable)**

During the long period of adolescence, besides their schoolwork, one of the most energy consuming things in young teenagers life must be their relationship. As their body rapidly growing, tons of hormones and pheromone within their body secreting as well. As a result, from a certain day, they may find themselves having a crush on someone, maybe their friend, classmate or even a stranger passing by.

However, not everyone can be fortunate enough to successfully pursue their version of happiness with little problem, but have to suffer from rejections and/or breakups. In fact, not just adolescents, most of people all around the world has shared such awkward situation. According to a research, over 85% of adult Americans have experienced at least one breakup of a romantic relationship (Battaglia, Richard, Datteri, and Lord).

The status quo is that, depression and pressure caused by termination of romantic relationship has become one major cause that undermine victims psychological status and mental health condition especially for girls (Soller), and, as a result, reduce their productivity seriously. It's a health issue, and it's also a social issue that worthy pay attention to.

**3) An Outline of at least three *confirmation* paragraphs in Claim, Evidence, and Analysis format**

A peaceful and enjoyable relationship always plays the role of stablizaer in human's life. People with it tend to present immense passion, happiness and productivity. (Hatfield) Vice versa, the opposite will experience very different situations. If the separation is unwanted, typical symptoms including pain, obsession, stress responce and identity shift create identical agony like that caused by physical illnesses(Anita). A unstable status of relationship itself is a very serious problem as well. Research shows that marital status has also been consistently associated with better *mental* health. Compared with their married counterparts, single men and women have higher levels of depression, anxiety, mood disorders, adjustment problems, and other forms of psychological distress (Coombs; Cotten; Simon).

What's interesting is that, to many people's surprise, the dumpers themselves will dde facto experience a hard time as well. Since most decisions made to end the relationship are not from impulsion, dumpers may experience dread and anxiety during the progress of considering the possibility. Guilt plays its role as well, many times the person who ends a relationship feels intense guilt over causing harm to someone they (used to) care about. Also, even though the dumpers are always perceived as "bad guys" for doing harm, they do experience similar feeling of isolation(Anita). Sometimes, its neither dumpers' nor dumpees' fault, but regardless of who initiates the end of a relationship, psychological effects of significant relationship breakups are almost always bad and painful and thus worth considering.

If we take a view at these problems from an even more interesting sight and judge from a more general point of view, not only negative emotion caused by a failed relationship, but also research conducted by researchers from Belgium shows that sorrow is the emotion that last the longest and takes people about 120 hours to get over, which follows by hatred, about 60 hours, happiness, about 35 hours, and shame and disgust, which only lasts about half an hour (Verduyn, Philippe, and Saskia Lavrijsen). This result, I reckon, in some way can provide a reliable explanation to the moody status created by rejection or break ups, since those emotions we have discussed above, since it’s belong to the subset of all possible reasons to cause such unpleasant feelings. Such negative last too and consistently and affect people's quality of life for identically long time. When the time is enough, even water drops can penetrate a stone, the accumulation of the effect of termination of relationship is by far more than considerable.

Those who live with better relationship experience tend to be more energetic and productive while working or studying and thus more likely to make great accomplishements. Take the case of staff of Secondary School in Massachusetts as an example, research including 630 teachers in Massachusetts shows that, three common health conditions, namely obesity, depressive symptoms, and smoking, adversely affect theproductivity of high school employees. In another more general study, researchers also found out that workers whose total well-being risks decreased over time had improvement in several measures of productivity. A five percent reduction in well-being risks was linked to approximately a 0.75 percent decrease in absenteeism, a 2.40 percent decrease in "presenteeism" (time spent at work with reduced productivity), and a 0.25 percent increase in job performance(Shi).

**4) An Outline** **of at least one *refutation* paragraph in Claim, Evidence, and Analysis format**

Some researchers claims that people will tend to overestimate or even exaggerate their reaction to their break ups because of their own psychological immune systems, so that they will feel less pain when they realliy encounter such events. (Gilbert, Lieberman, Morewedge, & Wilson). Evidence valiated this theory to be true, but it just cannot undermine the seriousness of a termination of a relationship. As people who are familiar with how human's immune system works know, immunization is a kind of passive and reflexive function that was triggered by the invasion of external damage, which means it only start to work after a considerable damage is done to our body. The same is true for human's psychological system, the immune system only start to work after the break ups actually already has some extent of effect to our mind.

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