**Wrestling with Sources**

Thesis：Termination of romantic relationship can make people under serious pressure and poor mental health condition

Audience and venue: *Journal of Health and Social Behavior*

Wrestling1: 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, 2004). 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.

Cite1: Gilbert, D. T., Lieberman, M. D., Morewedge, C. K., & Wilson, T. D. (2004). The peculiar longevity of things not so bad. Psychological Science, 15, 14–19.

Wrestling2: Research shows that among all the emotions,sorrow takes the most of time to get over, even more than hate. The longivity clearly shows how much the pain, sorrow and depression a break up can cost one in his psychological status. During the time such emotion remains, victims consistently suffer from ceaseless torture from the deepest corner of their mind. The agony is penetrating, and definitely can cause considerable damage that worth focusing on and taking good care of.

Cite2: Verduyn, Philippe, and Saskia Lavrijsen. "Which Emotions Last Longest and Why: The Role of Event Importance and Rumination." Motivation and Emotion Motiv Emot 39.1 (2014): 119-27.