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**Depression Related to Rejection or Break Up**

It was a dark night of September in the last year that I experienced the heart-breaking rejection. At the moment she said “no”, I felt like my world started collapsing. Though afterwards I realized that this rejection is fully within expectation, and I wanted and was ready to terminate the torture by professing my love to that girl after I talked with my friends and was seriously hurt, my heart just couldn’t help feeling that irresistible pain.

And during the whole last winter, I was trapped in the status of depression, self-deprecation and lack of self-esteem. I have to say that must be one of the most difficult three months in my life. During that time, I was under too much pressure that I once cried myself awake in the middle of the night. And even today, when I accidentally meet her, sorrow still fills my heart as usual, and through her amber-like pupil, I can clearly see the pathetic me in the past.

In order to punish the terrible things I did because of impulsion, I escaped from her for a few weeks, being afraid of accidentally meeting that person in the campus. Unfortunately, it seems that the campus of U of I was never large enough for me to completely erase that profile in my vision. Sometimes, even illusion appeared, and made me feel pretty shameful every time after I found myself mistakenly recognized different people. And on the day I finally realized my solitude and started trying to do something to make it up, everything was too late.

I’m pretty sure that feeling has started at the very point that I know that girl for the first time, but I didn’t realize it before the rumination about the things happened in the months in the last year after I lost everything I used to have in that relationship. And since the beginning, I always had no chance to win this battle.

It was definitely not my first time to be bothered by such dilemma, and I know it is impossible for me to be the only one who has experienced such nightmares. As a matter of fact, most of people all around the world has shared my status quo, according to a research, over 85% of adult Americans have experienced at least one breakup of a romantic relationship (Battaglia, Richard, Datteri, and Lord, 1998).

Of course, falling in love by accident is no one’s fault, even when there is a rejection, we still have no valid reason to blame or accuse any of the people involved, voluntarily or accidentally. After all, both the rejecter and the rejectee just did what their heart tells them to do. However, these kind of misfortune do have some serious effects on the people involved. On the one hand, depression, intention and even attempt to commit to suicide is universal among all those people who are suffering from it, especially for girls (Soller, 2014). On the other hand, rejections, break ups and inauthenticity may also cause violent behavior, or bully in school or company. It is also believed that people with stressed mood, mental disorder may lose the control of their own behavior, act violently to the rejecter and even commit to felony like stalking, rape and even murder. Especially, girls may become victims of dating violence (Silverman et al. 2001).

Then, the first question that should asked is that why people, from all culture background, of all genders, races and sexual orientations can easily become so obsessed when they’re encountering the emotion of adoration, love, attraction—whatever you call it, and were affected psychologically and physiologically that they sometimes would give up everything to pursue and sacrifice all they have in order to have it? Is it and if so, how is the phenomenon related to the inheritance and contribute to the accumulation of advantages in the evolution of our kind? Is it genetically rooted in our body, or it is a trans-culture identity that evolves to become a unique feature that we all share? And about the sorrow and sadness, which seems always come out of such obsession, why do humans tend to experience such harmful (or is it so?) emotions?

Maybe we need to 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 love, 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, 2014). 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. But, on the other hands, more details need to be explored to tell exactly how similar events affect our body, especially our brain.

However, it is also interesting that different people take different time to heal the scar and move on. While I am still suffering, some of my friends took about only a few weeks to start their new life, one of them even just took one night to forget about all the unpleasant experience, which implies that some may regard their relationship, or at least their attempt to build a relationship much more seriously than others. Subsequently, some people, when trying to comfort other people, may usually say, that not going well in a relationship is not really a bid deal, and, thus, don’t need to be taken seriously as a research topic. They sometimes claim that there’re still lots of things that still remain to be done. Wasting time researching with such emotional problems may be totally unworthy.

No matter who is right on this conflict, it is clear that there are various people with different attitude and abilities when dealing with such problems. Thus, one more question that needs to be asked is about this variety. What factors, probably their childhood experience, their faith, or their temperament itself, caused this variety among human beings? And how do all these factors affect people that cause some people to act with out rationality while others can just behave as it was nothing? With this knowledge, then we can identify methods to contain the negative feelings generated as well as the potential violent events.

Discussing about such topics is not just about figuring out a way to suppress our sadness and regret. In a more pragmatically approach of seeing this, in order to figure out the strategies that we can make use of to cope with the circumstances, one is required to understand ourselves first. To ease his or her mood, one need to know where and how is the sorrow comes from and why it reaches such extent. To forget the memory of the torturing experience, one has to know why it is able to remain within our brain for such long time. To adjust our attitude and behavior, one needs to understand who they are, and what makes who they are now. And, in some ways, the most importantly, to contain the misbehavior, it is urgent to fully understand how they are made of, and make deductions based on this knowledge and predict their behavior patterns. Subsequently, in every possible sense, this topic is crucial and needs to be carefully discussed about.

**Reference**:

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