Social exclusion and disagreement are everyday social phenomena with potentially significant emotional consequences. My research investigated how these experiences impact emotions like anger, sadness, and hurt. Utilizing a controlled experimental design in an online chatroom simulation, participants engaged in discussions on controversial topics. Subsequently, participants chatroom’s experience was manipulated to induce conditions of social exclusion or disagreement or acceptance.

**Key Findings:**

* **Emotional Responses to Exclusion:** Contrary to expectations, emotional intensity (e.g., anger, sadness, hurt) did not significantly vary between conditions. However, prior studies (e.g., PLOS ONE and ScienceDaily) suggest that social exclusion in virtual environments often leads to negative emotions like increased anger and decreased need satisfaction, though the context and interaction intensity are critical factors.
* **Disagreement and Anger:** Disagreement did not intensify anger, regardless of participants' initial beliefs.

Alternative interpretations and explanations were subsequently discussed in the discussion section. The study highlights the challenges of replicating complex emotional dynamics in controlled experiments. It suggests culture and interaction intensity might moderate emotional responses, providing direction for future research on social rejection and its psychological effects.