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Heartbreak

Heartbreak is a word I am sure we have all heard about from time to time. According to the Collins Dictionary the word heartbreak is a noun. It states that the definition of the word is overwhelming sorrow, grief, or disappointment.

My first occurrence with what I though was heartbreak was when I was about 14 years old. I met my first boyfriend and we began a relationship. A few months later we broke up. At that time in my life felt like my world was going to end. I felt as though my heart ached for this person. Now that I look back on that point in my life, I laugh and say to myself “What was I thinking.” When I was younger I would hear the word heartbreak and immediately think of a failed relationship. Now that I am older I have learned that the meaning of the word has so much more depth than that.

Since that time, my life has taken many twists and turns including a failed marriage. A few years ago, I lost my grandfather. Of all the things that have happened in my life that has been, by far, the worst to date. He became ill suddenly. He had a heart attack and stopped breathing, by the time the paramedics brought him back to life, he had already had irreversible brain damage. For two days he had to be put on life support. During this time the medical staff stated that there was not any hope of him recovering. We as a family, were all by his side when he was taken off life support. The doctors wanted to see if he would breathe on his own. As we anxiously waited for him to take a breath, he did not. At that moment I truly knew the meaning of heartbreak. I literally felt my heart hurt inside of my chest. I felt so much sorrow and pain. He was such a big part of my life and now he is gone. Even now, years later I still feel heartbroken over his death.

I am sure we all as humans have felt heartbreak at some point in my life. They are many situations that could result in heartbreak. Heartbreak can be caused by divorce, loss of pregnancy, someone disappointing you, being diagnosed with cancer, the loss of a loved one, and the list goes on.

Wikipedia explains that heartbreak is a term metaphor for extreme emotional stress. It also states that severe emotional pain due to traumatic events can cause damage to the heart that can lead to serious heart problems. According to my research on the topic, physical signs of grieving are exhaustion, body aches, lack of energy, loss of appetite, overeating, headaches, shortness of breath, chest pressure, and the list goes on. In some instances, heartbreak can be so severe on the body that it can literally kill a person.

With all the sickness and the way the world is today, it is almost inevitable that most everyone will experience heartbreak at some point throughout their live.

Sources:

<https://en.wikipedia.org/wiki/Broken_heart>

<https://www.collinsdictionary.com/us/dictionary/english/heartbreak>