

Yennhi Nguyen

AP Language 1B

October 11, 2011

Abstract Definition Essay

Heartache

Can heartache be defined if one has never experienced this feeling before? However, does one have to really experience it personally to know how it feels?

Define: heartache

The Oxford American Dictionary of Current English defines it as, “Mental anguish or grief” (pg. 363). In the *Titanic*, it is the struggles that both Jack and Rose had to go through for love. Yet, in one’s everyday life, one forgets the simple heartache of friendship, drama, and the loss of someone who is dear.

When someone thinks of this emotion, he or she usually thinks of break ups, but they overlook the most common heartaches that one experiences on a day to day basis. The drama of friendship that teenagers face every day causes great grief on them, yet it is never mentioned as heartache as the emotion that they are feeling. Friends walk in and out of teenager’s life commonly, but it still causes one great pain to experience it.

Why is it that one usually thinks of break ups when one hears this word? The media commonly presents this word as a relationship between two people rather than showing a different situation. However, when they display death, they do not interpret it as heartache, but a state of grieving and how one gets over it. This emotion plays a big role in death as well, but it is not displayed as often in this situation.

Sometimes critics believe that they know what heartache is when they mix it up with a completely different emotion. When they are faced with an intense feeling of sadness, they mistake it for heartache; when in reality, it is just distress that they are feeling. Sadness is a less intense emotion, but is still easily misunderstood for a strong feeling.

Knowing heartache personally is one thing, but experiencing it through someone else is completely different.

Viewers saw the movie *Titanic* in Rose and Jack's eyes. They went along with them on their long journey, experiencing their hardships and unbreakable love up to the very last scene. However, their time together was ephemeral as the colors of the sunset; gone just as soon as it appeared.

With his frosted, chapped lips, Jack said his last words to Rose, telling her to survive and she did.

The audience was definitely not Rose and Jack, but several of them did experience the pain they both felt. Millions of viewers felt the pain that Rose was experiencing; spilling the tears that she, herself, was shedding as she let go of Jack's frozen hands.

Heartache can be experienced in two forms of ways: personally, when it happens to oneself, and empathy, when it happens to others. One can feel this pain even if it is not happening to them, as the audience of *Titanic* did.

However, the one crucial thing that everyone has to have in order to feel this emotion is love. Whether it be romantic or simply affection towards someone who is important to oneself. For without love, there would be no heartache.