Most psychologists agree that people have a fundamental need for positive and lasting relationships. Yet there is wide disagreement regarding the causes of responses to social exclusion. The current talk seeks to resolve the mystery of responses to social exclusion in three ways. First, evidence will be presented that answers the question of what inner responses exclusion influences. Second, the speaker will present evidence regarding whether exclusion is painful and, if so, how to reduce that pain. Third, the speaker will explore whether threatening the need to belong increases the desire for affiliation on explicit and implicit measures.