The cost of their rivalry, both in financial and human terms, was enormous.

- Challenges to Soviet power
  - Many people were migrating so the USSR made a Wall separating the country of Germany
    - The Soviet Union dominated Eastern Europe for more than forty years.
  - Hungarians revolved and this resulted in 20,000 dead Hungarians and a new, Soviet-controlled government installed.

- Easting Cold War tensions
  - USSR and US feared a nuclear conflict between them
  - The Strategic Arms Limitation Treaty (SALT), was an agreement determining amount of nuclear weapons each side could posses.

- The Afghan War
  - Communists seized power in Afghanistan in 1978 leading to a civil war.
  - In this war, the Soviet Union lost a lot of money and soldiers

- The Soviet Decline
  - The Soviet system was in crisis.
  - Dissatisfaction spread through Soviet society because of their way of living
  - A new president of the USSR made a new reform of restructuring and openness.
  - Relationship between the USSR and the US finally began improving

- After the Cold War
  - China is still with their communist party
  - Later they adopted economic reforms and built a capitalist-style economy while maintaining political authoritarianism.
  - The cold war helped to shape and reestablish certain industries.