

We define α and β as

$\lceil \limsup_{n \rightarrow \infty} a_n = \alpha, \liminf_{n \rightarrow \infty} a_n = \beta, \alpha \geq \beta \rceil$ in sequence $\{a_n\} \subset \mathbb{R}$

① we show \lceil if $\lim_{n \rightarrow \infty} a_n$ exist, α is equal to $\beta \rceil$

when α and β are different, we find that no ε (smaller than $\frac{\alpha - \beta}{2}$) satisfies the definition of convergence definition of convergence is

\lceil for any ε , we can find certain number $n(\varepsilon)$ which satisfies " $m, n > n(\varepsilon)$, then $|a_m - a_n| < \varepsilon \rceil$

② we show \lceil if α is equal to β , $\lim_{n \rightarrow \infty} a_n$ exist \rceil

when $\limsup_{n \rightarrow \infty} a_n$ is equal to $\liminf_{n \rightarrow \infty} a_n$, for any ε , we can find a' that satisfies $a' - \varepsilon < a_n < a' + \varepsilon$ (because \mathbb{R} is continuous) except finite numbers of a_n .

Now, we assume $\{a_n\}$ converges to α , and $a' - \varepsilon < \alpha < a' + \varepsilon$. we define ε' as $\min\{\alpha - (a' - \varepsilon), (a' + \varepsilon) - \alpha\}$

From assumption, for any $n > n_0(\varepsilon')$, $\forall a_n$ satisfies $|a_n - \alpha| < \varepsilon'$.

From ① and ②, we find that

$\lceil \{a_n\}$ converges $\iff \limsup_{n \rightarrow \infty} a_n = \liminf_{n \rightarrow \infty} a_n \rceil$