Problem. Let $A$ and $B$ denote abstract sets. Prove that

$$A \cap B = B \text{ if and only if } B \subseteq A.$$ 

Proof. It suffices to show (i) ... and (ii) ...

This is the second paragraph of the proof. This would include the argument for (i).

Now we argue (ii). This should be in its own paragraph.

This completes the proof.