

Human Behavior Reflection 8

Respond to the questions below based on your review of chapter 8, Emerging and Young Adulthood

1-What are the significant differences between adolescent thought and adult thought?

Our cognitive processes, such as how we think, remember, decide and perceive, change over time. There is a substantial difference between adult and adolescent thinking. Adult thinking differs in three ways from adolescent thinking: Practical, cognitive flexibility, and dialectical thinking. Adults have more flexibility in their thought patterns, understanding that there are multiple opinions on issues and that there is more than one way to approach a problem.

2-Discuss the differences between instrumental and expressive communication.

In general, there are two main categories of communication. The two categories are instrumental and expressive communication. Instrumental communication is necessary to accomplish tasks related to organizational goals researchers identify men as using an instrumental style of communication. It is concrete and specific and is primarily used to express information. Instrumental communication refers to having a focus and a solution. On the other hand, expressive communication involves the expression of emotions and sensitivity. Researchers link this category of communication to women as women are more interested in expressing emotions and feelings. Sometimes the mixed match of communication leads to problems in a relationship.

3-Identify and discuss the three basic components of the triangular theory of love.

The triangular theory of love includes three basic components.

- Intimacy is the warmth and closeness each partner feels to the other and the strength of the bond that binds them together. This is the primary focus in young adulthood.
- Passion is the intense feelings that usually stem from romantic feelings, physical attraction, and sexual intimacy with the partner. These can be both positive and negative feelings depending on the relationship.
- Decision/Commitment represents cognitive factors such as acknowledging that one is in love and committed to maintaining the relationship. These feelings can exist despite challenging encounters in the relationship.