

***What are the major differences between adolescent thought and adult thought?***

When looking at adolescent thought and adult thought, there are many factors that are different. In the adolescent stage brain development is occurring heavily, and is heavily influenced by social factors. In adolescent thought, there isn't much skill to critically think and understand complex ideas fully. Whereas in adult thought you can see an increase in understanding abstract thinking and thoughts. Another significant difference can be identified, adolescents are still processing and developing whereas adults have a better idea of who they are. Decision-making is quite different between these two groups, oftentimes we see adolescents' decision-making based on emotions whereas adults are making more informed decisions based on past experience. Overall adolescents are in a stage of life where they are constantly developing whereas adults are more established in their thought.

***Discuss the differences between instrumental and expressive communication.***

Communication is a key part of how we are interacting with other individuals, there are many different styles of communication, two being instrumental and expressive. Instrumental communication is more problem/solution focused. Typically we see men practice this style of communication, where they are focused on what is the problem and how to find a solution, or determine the goals of the conversation. Another style is expressive communication, where the focus is on emotions and perspectives. Women are typically the ones exercising this style of communication, where they would rather have an understanding of the emotions and perspectives involved in the conversation.

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

The triangular theory of love was developed by Sternberg who suggests that this theory consists of intimacy, passion, and commitment. Intimacy is referring to the close bond individuals share with each other. Some of the feelings found in this component are a connection and affection. Intimacy is developed through sharing thoughts and feelings and spending time with one another. Passion refers to the sexual and physical attraction between individuals, the feelings that are experienced in this component is excitement and desire. The component of commitment refers to the decision to stay and support each other over the long term. This involves dedication and responsibility towards the relationship, oftentimes commitment requires sacrifices and planning for the relationship. Understanding the three basic components of the Triangular Theory of Love can help individuals better understand their own feelings and experiences in romantic relationships, as well as identify areas that may need improvement or attention.