

Gina Sabellichi

Professor Tricia Philbert

Human Behavior II

Reflection #8

## **Chapter 8 Emerging and Young Adulthood**

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

There are major differences between adolescent thought and adult thought. The adolescent period is a time of transition from childhood to adulthood. It is that middle phase of uncertainty when it comes to identity, roles, sexuality and more. They are trying to discover themselves, this world, and how they fit into it. The main differences between adolescent thought and adult thought is that adults are more flexible with the way they think. They are able to view conflict in different perspectives and have better problem-solving skills as they can come up with multiple ways to respond to conflict and use critical thinking to choose the best response. Adolescents, on the other hand, have difficulty seeing conflict in multiple perspectives. They tend to be very self-conscious, very aware of their own perspective and have little to no awareness that there is another perspective to take. This makes problem solving difficult and can sometimes lead to impulsive decisions.

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

Instrumental communication is very out-come oriented while expressive communication is focused on emotion and the big picture. Instrumental communication is usually focused on the goal of problem solving and accomplishing tasks but expressive communication can build relationships and bring connection.

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

There are three components of the “love triangle,” according to Sternberg’s theory. These three components are intimacy, passion, and decision/commitment. Intimacy refers to the closeness between individuals while passion has to do with the sensual or romantic feelings towards each other. Decision or commitment is the choice or active conscious consent to love someone. Commitment is a more long-term expression of love compared to passion.