

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

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

The main difference I see between adolescent and adult thought is that adult thought is more apparent than teenage thought. Rightfully so, with all the physical and psychological aspects of growth happening in the adolescent times, it makes sense. For instance, the neural connections of young adults lack judgment and risky behavior, so they are already at risk of maladaptive behavior. In this adolescent, there is formal operational thought, which developed at this stage. Adult thoughts have already established thought which is pragmatic. thought adults are better off harnessing this thought and using logic and experience. Adults or adolescent, though, are vastly different. I believe in communication skills that develop and timing how to grow in operational thought and how to be solidified in pragmatic thought. My question is, what about people with developmental issues or mental illness about the thought processes?

2-Discuss the differences between instrumental and expressive communication.

Communication is critical, which is always said; I believe that the different genders have different communication patterns that can either enhance communication or lead to a big miscommunication that can hurt, scar, or leave trauma. With instrumental communication, you are looking for goals or solutions.

For example, I ask my wife to do the dishes cause I will be in class, there is a conversation, and looking for a goal and solution. I wonder if instrumental communication can also lead to manipulation because you may have people use this time of communication from type A personalities that “get things done” to use negatively. Expressive communication uses emotions and being sensitive toward feelings in communicating with someone. I think about the old mob movies where the people in them are very loud and expressive with gestures and emotions all throughout and a conversation.

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

Triangular theory of love encompasses intimacy, passion, and commitment. Intimacy includes warmth and closeness. Passion is an intense feeling or emotion which can be positive or negative. Commitment is about how you maintain a relationship with your decisions and actions. Sternberg, believes that for love to happen, love can take different courses. In early relationships, passion is the starting place. Then intimacy develops while passion decreases. The reason you see seniors that get married or remarried that have nothing to do with passion but companionship. Success in any relationships involves resolving differences, and effective communication. I agree with the triangle and can see where Sternberg is coming from; being in a marriage for seven years has been challenging but rewarding. I can see how the three parts of the triage meet to make love. There is one component missing, and that component being spiritual If we do not know the God who made love and loved us, how can we truly love anyone or anything.

