

## Reflection 8

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

In adult thought solving real life problem is explained by Labouvie-Vief as logic in the development of pragmatic thought. When reading about the scenario in the chapter I think the adolescent response was more of a I am tired moment and I am letting go and can't deal with this in contrast to the adult response is to figure out ways to make it work and what steps can you take to work on the issue.

2-Discuss the differences between instrumental and expressive communication.

The focus of instrumental communication is on establishing goals and creating alternatives. Expressive communication entails expressing feelings and having a sensitive viewpoint on what others feel. (Ashford pg.362). The expressive style of communication requires listening and providing support when the person is talking versus with the instrumental style of assuming it's a problem and trying to find a solution for it. When looking at these styles I think about the field of social work and how we use these styles everyday especially the instrumental when our mind becomes adapt to trying to solve everything.

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

The three basic components of the triangular theory of love include Intimacy, Passion, and Commitment. The closeness of a connection is referred to as intimacy. Passion refers to intense feelings including sexual desire and commitment refers to the intent of keeping a relationship despite its challenges.

Ashford, J. B., LeCroy, C. W., & Williams, L. R. (2017). Human behavior in the social environment : a multidimensional perspective (6th ed.). Boston, MA