

Margaret Spellens

SWK 554

03/22/2023

Reflection 8

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

Adolescent thoughts are more in the characteristics of what Labouvie-Vief referred to as formal operational thinking. Adolescents like to seek out the correct answer by going over the context. Adult thought is not formal operational thinking because adults think on the levels of norms and rules related to context. (Ashford, 2018, pg. 361).

Discuss the differences between instrumental and expressive communication.

Instrumental communication, which is how men communicate, is identified as goal-finding and finding solutions. Men like figuring things out, problem-solving, and having rational discussions. Women use expressive communication because women are more in tune with their feelings. Women express emotions and have sensitivity toward how others feel.

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

The three components of love, according to Steinberg, are intimacy, passion, and commitment. In intimacy, there is warmth and connectedness between couples. There's that mutual feeling of liking each other, and they draw closer to each other. The passion component, feelings between the couple, is more intense and could be positive and negative. There is even the development of sexual desire. Lastly, the commitment component is where the decision-making process begins regarding maintaining the relationship despite difficult situations. This is

where both people want to see where things will go further now, hoping to stay together for a lifetime.

Reference: Ashford, Jose B., LeCroy, Craig Winston, Williams, Lela Rankin. Human Behavior in the Social Environment (2018). Cengage Learning.