

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

In this stage, according to Erikson, individuals begin to turn outward and focus on relationships with others since they are in the stage of intimacy vs. isolation. In this stage, individuals are also gaining economic independence as well as independent decision making. I am in the emerging adulthood stage and find myself identifying with many of the things stated in the book as well. I am experiencing increased independence, I am exploring the different possibilities that life has to offer, I am feeling an increased sense of self-responsibility as well as an overwhelming sense of being in between adolescence and adulthood. All of these sensations are typical developmental distinctions of this stage.

2-Discuss the differences between instrumental and expressive communication.

Instrumental communication is what takes place when an individual identifies goals and finds solutions to these goals. Meanwhile, expressive communication is what takes place when the individual expresses emotions and a sense of sensitivity to others feelings. Both of these can take place at the same time. As social workers, we can see a client's situations, identify what is needed and find ways to work towards agreed upon goals, however in this conversation we would also emphasize and consider the feelings of our clients. Men and women have different tendencies for these communication styles as well and can lead to miscommunication when one of these is emphasized and not understood by a partner or another person.

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

Sternberg created the triangular theory of love and described three main distinctions. The first is intimacy in which there is a warmth and closeness. The next is passion in which there are intense feelings of attraction including sexual desires, these could be both good and bad. The third is commitment in which there is a maintenance of the relationship despite the difficulties it

may bring. Each of these three distinctions can be paired in ways that will lead to a different type of relationship. For example, if there is only passion in a relationship, it will create an infatuated love. If there is only commitment, without any of the other parts of love, this will be an empty love. Finally, if there are all three present, this will be a consummate love. Every relationship we have in life is a pairing of these different types of love. Even as children, we have relationships with high levels of commitment with no passion. In adulthood, we could enter into a relationship that has a high level of intimacy, but is lacking any passion, this type of romantic relationship would not be sustainable for long periods of time.