

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

The differences between adolescent thought and adult thought are that adolescents' thoughts are more formal operational thoughts meaning that they see things from abstract concepts, they have more systematic thinking and a step-by-step logic, which Piaget outlines as the last stage of the cognitive development process in adolescents (Ashford et al., 2018, pg.360). On the other hand, adult thoughts are less systematic, do not search for a correct answer, has a tolerance for vagueness, and present a combination of logic and feeling in understanding a particular situation (Ashford et al., 2018, pg.361) For example, when I was an adolescent, I did not understand that there can be multiple opinions on an issue, or that there is more than one way to approach a particular problem. My mother another hand who is an adult was more practical and more flexible cognitively.

2-Discuss the differences between instrumental and expressive communication.

According to the text, instrumental communication is focused on identifying goals and finding solutions, while expressive communication involves the expression of emotions and having a perspective that is sensitive to how others feel (Ashford et al., 2018, pg.362). Reflecting on instrumental communication, I am reminded of the solution-focused intervention in social work that is goal-oriented and solution-driven. As the textbook mentions, men are more likely to use an instrumental style of communication and I believe this is true because on multiple occasions I've heard men say that they are designed to fix things, especially during conflicts. Furthermore, women are more interested in expressing their emotions and feeling with the hopes that their male counterparts or partner will listen to their needs and then provide support as opposed to fixing something that they don't truly understand (Ashford et al., 2018, pg.362). I

believe as social workers, we have to be mindful of these differences in communication so that we can function effectively when working with both genders.

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

The triangular theory of love includes the following three components: Intimacy, passion, and commitment. Intimacy according to the triangular theory refers to the warmth and closeness shared in a relationship (Ashford et al., 2018, pg.365), for example, a Christian's relationship with God. From a personal point of view, though I may not see God physically, there is a warmth and closeness that exist between myself and the invisible God that is developed through spending quality time in the word, prayer, or worship. This warmth and closeness found in intimacy can extend from intimate partner relationships to familial and friendship relationships. This warmth and closeness in my opinion are more like a bond formed through trust, interaction, and quality time.

Passion according to the theory is described as an intense feeling that can either be negative or positive and is experienced in a love relationship (Ashford et al., 2018, pg.365). A perfect example of passion as a negative feeling in a love relationship is a crime of passion committed by one of the partners in a relationship due to jealousy or anger. Commitment in the love triangular theory refers to the decision and intent to maintain a relationship despite the difficulties encountered (Ashford et al., 2018, pg.365). This component of the triangular theory of love is most common and evident in marriage or other intimate relationships.