

Reflection # 8
Emerging and Young Adulthood.

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

2– Discuss the differences between instrumental and expressive communication.

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

Answers

1–The major differences between adolescent thought and that of adult thought pattern are for one adolescents are very present thinking, the in the moment thinkers, they are about the emotional, and the instantaneous decision making thinkers. Adolescents think and make decisions based a lot on feeling rather than thorough long term effect. While a healthy adult thinks about the past, future, effects of decisions on the future of themselves, spouse, partner, relatives, community, etc. Adults tend to

think about the big picture, while adolescents are self centered and momentarily thinkers.

2—The differences between instrumental and expressive communication are based upon the expression of feelings. Instrumental communication is a more healthy, thought out, processed, solution based, and constructive way of dealing one's feelings, differences, pain, and suggestions.

Expressive communications can be healthy but it depends on the mental and emotional of the person and/or group. Because the flood of emotions could get the best of the group or person if not controlled.

3— The three basic components of the triangular theory of love are:

Intimacy—Which embodies closeness and warmth.

Passion — This stage is where there is intense/strong feeling which can be good feeling and also bad feeling which can lead to abuse, obsession, rape, etc.

Commitment — This stage usually is the maturation of a relationship, where challenges of failure, disappointment, pain, success all occur. But the desire to commit to each other is agreed upon.