

Human Behavior in the social environment II

Reflection #8

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The major differences between adolescent thought and adult thought are that adults are better able to use formal operation thinking (the ability to think abstractly by manipulating idea just in their head) because of they are less self-centered than adolescents, thus giving them the means to deal with problems more accurately. According to Gisella Labouvie-Vief adults are more rational in their thought processes which leads to a decrease focus on the logical approach in adolescence. Also adults are able to rely on past experiences more effectively.

Instrumental and expressive communication are characterized as the different ways that men and women communicate. Men are instrumental communicators as that are focus finding goals and solutions to problems. Women are expressive communicators as they focus on emotions and how situations make them feel in the moment. An example of this would be my wife telling me about her day at work and explain that she has an issue with a co worker. My response would be ways to deal with said coworker so that my wife would no longer have the issue with them; however my wife doesn't necessarily want a solution as she just wanted to vent. While I agree with this idea and believe it to be true in how both men and women communicate, I think that both men and women could benefit from communicating in both ways.

The triangular love theory states that love has three components intimacy, passion and commitment. Intimacy refers to the warmth and closeness you felt in relationships, passion refers to strong feelings in the relationship both negative and positive, including sexual desire, and commitment refers to deciding to remain in a relationship even when things get difficult.