

Joshua Fleming
Human Behavior 2
Dr. ALLEN
Reflection #8
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Respond to the questions below based on your review of chapter 8 Emerging and Young Adulthood

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

Both Adult and adolescent can agree on understanding of the ambiguity of an situation, but the adolescent thought will be more eager to find an exact solution to a problem; yet in comparison, the adult will be more likely to draw up the logics of the situation or problem and settle for more than one outcome depending on the possibilities of different ways the outcome can go, which are more likely to have conflicts with young adolescents who consider norms and rules as absolute, rather than relative to context.

2-Discuss the differences between instrumental and expressive communication.

Men uses Instrumental and Women uses expressive style of communication. The instrumental style of communication refers to having a focus on identifying goals and finding solutions. The expressive style of communication involves the expression of emotions and having a perspective that is sensitive to how others feel. For example, if a problem has happen in a work place to a client, the male will most likely draw up the reasoning on how the situation happen and find the resolution to problem that it may not be a harm or threat moving forward in the client treatment; in contrast, a female may tend to make steps into further digging into what the client felt before committing the action and what's the client current state of being.

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

intimacy, passion, and commitment

- I. **Intimacy** – the experience of having a friend or companion to relate to, be encouraged by, share empathy with, or just to be there to provide support with resourceful needs or through tough emotional grieving times. The opposite of intimacy is isolation, which leads to loneliness or other negative things that's dehumanizing to one's well-being.
- II. **Passion** – is that drive that leads to romance, physical attraction, and decides if a connection will become long term or short term.

III. **Commitment** – is that decision of value or worth to maintaining love, if an individual doesn't see or feel the worth, then the risk is better than the reward or if the relationship has worth and value, then the reward is more than the risk of losing that loving relationship, which means that individual will make the choices and effort to maintain LOVE.