

## **Personal growth (II)**

1. According to the Triangular Theory of Love proposed by Robert J. Sternberg, a psychology professor at Yale University in the United States, love should include three major elements:
  - (i) **Passion:** There are romantic feelings and strong attractions, intense fascination with the other person, and a desire to be inseparable from the other person. If this element is lacking in a relationship, the relationship can feel bland.
  - (ii) **Intimacy:** Through communication and understanding, a rapport is established with the other person, and the other person's needs are understood. If this element is lacking in a relationship, both parties will feel that they do not understand each other. There will be a lack of rapport, and the two cannot create a tight bond with each other, leading to easy friction and conflict.
  - (iii) **Commitment:** There is responsibility for the relationship with each other, fidelity to the other person, facing the future together, and a willingness to give. If this element is lacking in a relationship, relationships can start and end casually.
  
2. **Maintain an appropriate physical distance from the opposite sex**

Adolescents should consider the perceptions of others in their speech and behaviours when participating in activities in schools or public places. At the same time, they should know how to protect themselves. When others have inappropriate physical contact with you, you should immediately and firmly inform them to stop.
  
3. **Avoid ambiguous speech and behaviour**

When interacting with the opposite sex, avoid overly ambiguous actions and words to prevent unnecessary misunderstandings.
  
4. **Handle emotional events rationally**

When rejecting someone's pursuit, consider the other person's feelings and safety. Do not humiliate or mock the other person. Respect the other person and apologise if your actions have caused any misunderstandings.
  
5. **Factors to consider before dating**
  - (i) **Knowing yourself:** The first step in dating should start from understanding yourself, including your personality, motives for dating, etc.

- (ii) Understanding the other person: It requires observation and interaction over a long period of time in different aspects to understand the other person's personality and lifestyle habits.
  - (iii) The impact on yourself: Economy (increased expenses), academics (time allocation), emotions (likely to be influenced by the other person), interpersonal relationships (likely to neglect family and friends).
6. Adolescents continually grow and change, they should enrich themselves, expand their social circles, and learn to get along and develop a healthy relationship with the opposite gender.