Measurement of attractiveness by acceptance or rejection of peers Conformity to group norms Decline in self-esteem	Tendency toward inner experience and self-discovery Has a rich fantasy life Idealistic Able to perceive future implications of current behavior and decisions; variable application	Mature sexual identity Phase of consolidation of identity Increase in self-esteem Comfortable with physical growth Social roles defined and articulated

Relationships with Parents

Defining independence–dependence boundaries Strong desire to remain dependent on parents while trying to detach No major conflicts over parental control	Major conflicts over independence and control Low point in parent–child relationship Greatest push for emancipation; disengagement Final and irreversible emotional detachment from parents; mourning	Emotional and physical separation from parents completed Independence from family with less conflict Emancipation nearly secured

Relationships with Peers

Seeks peer affiliations to counter instability generated by rapid change Upsurge of close, idealized friendships with members of the same sex Struggle for mastery within peer group	Strong need for identity to affirm self-image Behavioral standards set by peer group Acceptance by peers extremely important—fear of rejection Exploration of ability to attract opposite sex	Peer group recedes in importance in favor of individual friendship Testing of romantic relationships against possibility of permanent alliance Relationships characterized by giving and sharing

Sexuality

Self-exploration and evaluation Limited dating, usually group Limited intimacy	Multiple plural relationships Internal identification of heterosexual, homosexual, or bisexual attractions Exploration of "self appeal" Feeling of "being in love" Tentative establishment of relationships	Forms stable relationships and attachment to another Growing capacity for mutuality and reciprocity Dating as a romantic pair May publicly identify as gay, lesbian, or bisexual Intimacy involves commitment rather than exploration and romanticism

Psychological Health

Wide mood swings Intense daydreaming Anger outwardly expressed with moodiness, temper outbursts, and verbal insults and name calling	Tendency toward inner experiences; more introspective Tendency to withdraw when upset or feelings are hurt Vacillation of emotions in time and range Feelings of inadequacy common; difficulty in asking for help	More constancy of emotion Anger more likely to be concealed

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