

## Possible Regulation and Stress Response Correlates of Interpersonal Modes Across the Lifecycle

Arousal State and Interpersonal Mode	Just Right/ Alert Processing <i>Stability with Flexibility</i>	Too Fast/Flooded <i>High Demand</i>	Too Slow/Hypoalert <i>High Detach</i>	Too Vigilant/Hyperalert <i>High Compliance or Control</i>
<b>EYE CONTACT</b>	<ul style="list-style-type: none"> <li>Bright, shiny eyes looking directly at other / object — gleam!</li> <li>Gaze aversions for modulation of intensity</li> <li>Appears to actively process information</li> </ul>	<ul style="list-style-type: none"> <li>Eyes may be open / squinted / closed</li> <li>May have direct, intense eye contact</li> <li>May have avoidance of eye contact</li> <li>Eye rolling upward</li> <li>Scanning room very quickly, rapidly</li> </ul>	<ul style="list-style-type: none"> <li>Glazed eyes, looking through rather than at the other/object</li> <li>Prolonged gaze aversion</li> <li>Appears drowsy</li> <li>Eyes turned down</li> <li>Eyes do not scan the room, looking for objects of desire</li> <li>When interested, prefers looking at objects rather than people</li> </ul>	<ul style="list-style-type: none"> <li>Eyes are wide open</li> <li>Appears vigilant, in a state of panic or fear</li> <li>Intensely focusing on something</li> <li>Unable to break the gaze/fixation to the stimulus</li> </ul>
<b>FACIAL EXPRESSION</b>	<ul style="list-style-type: none"> <li>Joy, particularly smiles</li> <li>Neutral</li> <li>Can express a full range of emotions</li> <li>Modulation with all emotions</li> </ul>	<ul style="list-style-type: none"> <li>Wide, open mouth</li> <li>Anger, disgust</li> <li>Distress</li> <li>Grimace</li> <li>Frowning</li> <li>Clenched jaw or teeth</li> <li>Forced smile (only mouth is upturned, corners of eyes are not)</li> </ul>	<ul style="list-style-type: none"> <li>Flat</li> <li>Turned down mouth, sad</li> <li>Expressionless</li> <li>No smiles or hints of smiles</li> <li>Limited range of emotions</li> </ul>	<ul style="list-style-type: none"> <li>Raised eyebrows, especially with inside corners turned up</li> <li>Trembling lips or mouth</li> <li>Facial expressions of pain, grimace</li> <li>Mouth wide open (startle)</li> </ul>
<b>TONE OF VOICE</b>	<ul style="list-style-type: none"> <li>Melody and prosody</li> <li>Modulation of tone</li> <li>Fluctuations of tone</li> <li>Laughing</li> </ul>	<ul style="list-style-type: none"> <li>High-pitched cry</li> <li>Loud</li> <li>Hostile</li> <li>Gruff</li> <li>Yelling or screaming</li> <li>Sarcastic, sneering</li> <li>Hysterical laughter</li> </ul>	<ul style="list-style-type: none"> <li>Flat</li> <li>Lacks musical quality</li> <li>Few or no vocalizations</li> <li>Too quiet</li> <li>Cold</li> <li>Soft</li> <li>Sad</li> </ul>	<ul style="list-style-type: none"> <li>High-pitched nasal, “sing-song” voice</li> <li>Moaning or groaning to indicate pain</li> <li>Elevated tone</li> <li>Quavers or fluctuates rapidly</li> <li>Whimpering</li> </ul>
<b>BODY POSTURE, MOVEMENT, AND GESTURES</b>	<ul style="list-style-type: none"> <li>Relaxed with good muscle tone</li> <li>Stability</li> <li>Balance</li> <li>Moves arms and legs into midline</li> <li>Coordinated movements</li> <li>Varies according to rhythmic ups and downs</li> <li>Body molds into other’s</li> </ul>	<ul style="list-style-type: none"> <li>Finger splays Arching</li> <li>Increased muscle tension in posture and in face</li> <li>Constant motion</li> <li>Demands space by pushing, shoving, intruding on others</li> <li>Biting, hitting, kicking, jumping</li> <li>Poor balance; falls, trips a lot</li> <li>Bumps into things</li> <li>Forceful or threatening gestures (shaking finger, shaking fist)</li> <li>Throwing</li> <li>Kicking</li> </ul>	<ul style="list-style-type: none"> <li>Slumped</li> <li>Low muscle tone</li> <li>Decreased exploration</li> <li>Lacks initiative in exploration</li> <li>Will not protect his/her “space”</li> <li>Avoids playground equipment</li> <li>Lacks purposeful intent with movement</li> <li>Wanders</li> <li>Frozen or slow moving</li> </ul>	<ul style="list-style-type: none"> <li>Tense or rigid body postures</li> <li>Cowering</li> <li>Rapid, repetitive body movements (wringing hands, jiggling foot)</li> <li>Trembling hands</li> <li>Clinging</li> <li>Flailing</li> <li>Grabbing</li> </ul>
<b>RHYTHM AND RATE</b>	<ul style="list-style-type: none"> <li>Fluctuating up and down</li> <li>Midrange tempo</li> </ul>	<ul style="list-style-type: none"> <li>Fast</li> <li>Impulsive</li> </ul>	<ul style="list-style-type: none"> <li>Slow</li> <li>Delayed</li> </ul>	<ul style="list-style-type: none"> <li>Fast</li> <li>Jerky</li> </ul>

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