

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

Arousal State and Interpersonal Mode	Just Right/ Alert Processing  Stability with Flexibility	Too Fast/Flooded  High Demand	Too Slow/Hypoalert  High Detach	Too Vigilant/Hyperalert  High Compliance or Control
<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>VOICE TONE</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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