

▶ **Affect regulation and IPV**

- Affect regulation is an individual's capacity to manage their emotions.
- Attachment theory suggests that early relationships between infant and caregiver impact a child's ability to manage emotions and self-organise.
- Insecurely attached adults struggle to manage interpersonal conflict and regulate their emotions.
- Avoidant adults are more likely to display system deactivation where emotions are suppressed or down regulated. This can lead to outbursts of rage in the dismissive adult or acts of violence by a partner to get a reaction from a dismissive adult.
- Anxious adults are more likely to display system hyperactivation where emotions are upregulated to get a partner's attention or to maintain proximity.
- Violence is often used as an act of protest to a real or perceived threat of a partner's disconnection from the relationship or response to feelings of jealousy, isolation or rejection.
- Some symptoms of bipolar personality disorder overlap with the typology of IPV.
- Those with BPD struggle to regulate emotions and are prone to violent outbursts when they feel that their partner has let them down

High avoidance

<p><u>Dismissive – fear closeness</u> System deactivation – suppress/down regulate emotion → outbursts or partner trying to illicit response from partner</p>	<p><u>Fearful – fear both</u> Wanting to protect self by staying out of relationships but urge to be in one.</p>
<p><u>Secure</u> Available, reliable partnerships.</p>	<p><u>Preoccupied – fear rejection</u> System hyperactivation – up regulate emotions → use violence to gain attention, maintain proximity or reaction to threat: jealousy, rejection, withdrawal.</p>

Low anxiety

High anxiety

Low avoidance