



**INTERPERSONAL CORRELATES OF GRIT AND SELF-CONTROL:
A CIRCUMPLEX ANALYSIS**

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A variety of individual differences in aspects of self-regulation (e.g., grit, self-control, conscientiousness) predict important life outcomes, such as wellbeing, vocational success, and physical health. Most conceptual models of these associations emphasize intra-personal processes (e.g., inhibition, planning, and problem-solving). However, interpersonal processes may also contribute to the positive outcomes associated with better self-regulation. We ran mediational analyses to identify potential underlying mechanisms that relate grit, self-control, and conscientiousness to perceived social support. Mediators of affiliation and control were used in this analysis. Utilizing the interpersonal circumplex (IPC), we examined the association of these measures of self-regulation with trait social behavior and interpersonal motives or goals, both of which vary along the major dimensions of affiliation and control (see Fig 1). We also examined associations of self-regulation with several interpersonal outcomes. We predicted that higher self-regulation would be associated with a warm and dominant interpersonal style, and with better interpersonal functioning.

Figure 1 – The Interpersonal Circumplex (Pincus & Ansell, 2013)

