

Abstract

Attachment plays a significant role in partner relationships. It can enter into their establishment, maintenance and break-up. Since a partner relationship is usually made up of two individuals, it is important to take into account the type of attachment of both the individual and his or her partner, as well as the mutual similarity of the partners. The aim of this paper is to present the current state of knowledge on the influence of actor-partner attachment and their similarity on self-disclosure and satisfaction in partner relationships. The first chapter introduces the concept of attachment, specifically its types, ontogeny, and role in partner relationships. The second chapter is devoted to assortative matching, particularly partner similarity in selected characteristics with an emphasis on attachment, and the possible effects of the degree of partner similarity on the quality of their relationship. The following chapter presents the relationship between attachment and partner relationship satisfaction. The fourth chapter presents the state of current knowledge regarding attachment and self-disclosure. The purpose of the proposed research is to test the relative importance of an individual's attachment, his or her partner's attachment, and the mutual similarity in attachment between the two partners on their partner satisfaction and self-disclosure. An assessment of the importance of these individual aspects could then be applied in practice, particularly in couples therapy. The paper concludes by suggesting possible directions for future research.