

The thesis deals with the relationship between one's time perspective and their ability to cope with the termination of the relationship. The time perspective is composed of five temporal orientations – past positive, past negative, present hedonistic, present fatalistic and future - which differ from each other in personality characteristics and their influence on human behavior. Our aim was to explore the differences among them in the choice of coping strategies in dealing with a breakup and verify the hypothesis. The following methods were used in the research: Zimbardo Time Perspective Inventory (ZTPI), questions concerning respondent's breakup and Brief COPE, which measured a total of 14 coping strategies on a sample of 237 respondents. The results confirmed the different choices of coping strategies among five time orientations. Although it was not proved that some temporal orientations (past negative) would cope with the breakup more problematically, it seems, however, that these ones mostly use maladaptive coping strategies which can make their breakup adjustment harder. In the conclusion, therefore, are also considered the possibilities of application of our results in psychological counseling practice.