

Abstract:

This thesis examines the role of self-acceptance in romantic relationships and the relationship between self-acceptance and individuals' adulthood attachment style. The theoretical part describes self-acceptance mainly in context of Person Centered Approach (PCA) and Rational Emotive Behavioral Therapy (REBT), investigates methods of measuring self-acceptance, and puts it in relation to self-esteem, self-compassion, mindfulness, well-being and psychological health. Romantic relationships, adult attachment and their link to self-acceptance are also described.

The empirical quantitative research was conducted on a sample of 155 respondents using Czech translation of the Unconditional Positive Self-Regard Scale (UPSRS), the Unconditional Self-Acceptance Questionnaire (USAQ) and Experience in Close Relationships – Relationship Structures (ECR-RS).

The results show negative correlation of attachment Anxiety and partial negative correlation of attachment Avoidance and self-acceptance. Significantly higher scores of self-acceptance were found in individuals with a secure adult attachment style than in those with fearful and preoccupied adult attachment style. Based on empirical findings the similarity of self-acceptance and model of the self in adult attachment was proposed and self-acceptance was suggested as a potential line of dysfunctional couple intervention.

Keywords:

self-acceptance, self-regard, romantic relationships, adult attachment, PCA, REBT