ABSTRACT

The high rates of divorce and infidelity highlight the importance of understanding the process of relationship recovery after infidelity. This study examines the role of Attachment Theory in relationship recovery after infidelity, focusing on five key dimensions: availability, closeness, communication, reliability, and responsiveness. Through qualitative interviews with six main informants and one expert, the findings reveal that these dimensions are essential for rebuilding trust, strengthening emotional bonds, and facilitating open communication. Availability, through consistent physical and emotional presence, helps partners feel secure and rebuild trust. Closeness is developed through introspection, transparency, and shared activities, which enhance emotional connection. Communication plays a vital role, as open and honest dialogue creates a safe space for partners to interact. Reliability, demonstrated through consistent actions and commitment, is crucial for restoring trust in the relationship. Responsiveness to each other's emotional needs fosters empathy, creating a sense of safety and mutual support. The study emphasizes that relationship recovery requires both individual efforts to overcome trauma and collaborative efforts between partners to foster a healthier, more sustainable relationship. Moreover, the research suggests that psychologists and marriage counselors should design attachment-based interventions, focusing on emotional management and communication skills, and that community support should be available for couples to share their experiences. Despite its limitations, such as focusing only on couples who chose to stay together and the cultural context of Indonesia, this study provides valuable insights for future research. It recommends using mixed-methods approaches for broader generalizability, exploring couples who chose to separate, and investigating the influence of cultural differences on recovery processes.

Keyword: Relationship Recovery, Attachment Theory, Interpersonal Communication