

## ABSTRACT

This study explores the psychological impact of past traumatic events and the protagonist's struggle to seek forgiveness in Colleen Hoover's novel *Reminders of Him*. The research focuses on how the main character, Kenna, copes with guilt, emotional isolation, and broken relationships following a tragic accident that led to her imprisonment. Through a psychological literary approach, the study identifies three major struggles faced by the protagonist: distress and low self-esteem, lack of healthy relationships, and social isolation. In her effort to make amends, Kenna employs confession and sincere apology as key steps toward forgiveness and emotional healing. The novel illustrates how the weight of past mistakes can deeply affect a person's mental well-being and interpersonal connections. However, it also emphasizes that genuine remorse and accountability can pave the way for reconciliation and second chances. This study contributes to a deeper understanding of how literature portrays trauma, guilt, and the redemptive power of forgiveness.

**Keywords:** Trauma, Forgiveness, Guilt, Confession, Apology, Psychological Struggle