

Abstract

This research explores the theme of forgiveness as part of the trauma healing process in Colleen Hoover's novel *Reminders of Him*. The study aims to analyze how the main character, Kenna Rowan, experiences emotional trauma and how forgiveness toward others and herself helps her recover. Using a psychological approach, the research applies Worthington's model of decisional and emotional forgiveness, along with Enright's Four-Phase Model of Forgiveness, to examine the stages of healing reflected in the novel. The analysis reveals that Kenna shows signs of psychological trauma such as anxiety, guilt, avoidance, flashbacks, and difficulty maintaining relationships. The study also identifies two forms of forgiveness: decisional forgiveness, which involves a conscious choice to forgive, and emotional forgiveness, which includes a deeper emotional release. Furthermore, Kenna's healing journey aligns with the four phases of forgiveness: uncovering, decision, work, and deepening. Through self-reflection, acceptance, and support from others, she is eventually able to forgive herself and reconnect with her daughter and those around her. The research method applied in this research is descriptive qualitative method. This research concludes that forgiveness plays a vital role in emotional recovery and demonstrates how literature can reflect psychological healing processes. It provides insight into how characters cope with trauma and how forgiveness enables personal growth and reconciliation.

Keywords: forgiveness, trauma healing, psychological approach, emotional recovery