

Angry memories and thoughts of revenge:  
The relationship between forgiveness and  
anger rumination.

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# Angry memories and thoughts of revenge: The relationship between forgiveness and anger rumination

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### Abstract

This study examined the relationship between a two-dimensional model of forgiveness and Sukhodolsky et al. (2001) 4-factor model of anger rumination among 200 university students. Angry memories were found to be the most important aspects in forgiving oneself, and dealing with revenge thoughts were found to be crucial when exploring issues around forgiving another person. The present findings suggest the importance of cognitive aspects as portrayed by Sukhodolsky et al. (2001) model of anger rumination to explore in greater depth the cognitive processes involved in forgiveness of self and others. Angry memories and thoughts of revenge: The relationship between forgiveness and anger rumination.



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## Keywords

Forgiveness; Self; Others; Anger; Rumination

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